BUILDWELL LIBRARY

A CHOICE MANUAL OF Rare and Select SECRETS IN PHYSICK AND CHYRURGERY;

Collected, and Practiſed by the Right Honorable, the Counteſſe of KENT, late deceaſed.

Asalſo moſt Exquiſite ways of Preſerving, Conſerving, Candying, &c.

Publiſhed by *W. I.* GENT.

LONDON,
Printed by *G. D.* and are to be ſold by *William Shears*, at the Sign of the Bible in S*t*. *Pauls* Church-yard, 1653.

Grey (Elizabeth), countess

6704.

BRITISH MUSEUM
Transferred
1889
DUPLICATE.

N

To the Vertuous and moſt Noble Lady, LETITIA POPHAM, Wife of the Honorable and truely Valiant Colonell ALEXANDER POPHAM.

Thrice Noble and truely Vertuous Lady,

AFter mature deliberation, what to tender unto your acceptance worthy your Patronage, nothing occurred more probable, than this ſmall Manuall; which was once eſteemed as a rich Cabinet of know-

ledge, by a person truely Honorable. May it auspitiously procure but your Honours like friendly Estimation, and then I doubt not, but it will find a universall acceptance amongst persons of greatest Eminency. Sure I am, it may be justly deemed as a rich magazene of experience, having long since taught the world its approved excellency, yea, even in many dangerous exigencies. All I humbly crave for tht present is, my bouldnesse might be favourablely excused, since twas my lawfull ambition, thereby to avoid ingratitude for the many singular favours I have already received,

received from your endeared truely Honorable Husband, my always true noble friend, and most happy Country-man. God multiplie his blessings on all your noble Family, and make you no lesse honourable heer on Earth, than Eternally happy hereafter: which shall be the daily prayer of him, whose higheſt Emulation is,

In all due ways abundantly

to Honour and Serve you.

W. J.

TO THE READER.

COURTEOUS READER.

WEll remembring, *that we are all born for the weal-publique good: I here tender to thy perusall this ſmall, and yet moſt excellent Treatiſe, Entituled,* A choice Manuall of rare and Select Secrets in Phyſick. *If thereby thou ſuck abundance of Profit, I ſhall be ſuperlatively glad, but if any, or perchance many unlook'd for miſtaks, for want of a due application, bids thee entertain contrary thoughts, the effect not anſwering thy curious expectation, upon a more ſerious reflex, know, that nothing is abſolutely perfect, and withall, that the richeſt and moſt ſoveraign Antidote may be often miſſapplied: wherefore the fault not being mine, excuſe and ceaſe to cenſure: For which juſt, and but reaſonable favour, thou ſhalt deſervedly oblige me,*

Thine,
W. J.

A Table of the Contents.

AQua Mirabilis, *and the vertues thereof*, 4, 5.
Another way to make the ſame Water, ibid.
For an Ague, 26 131 139 147
For an Ach, 27 38 57 59 121 123 141 155
For an Ague in the Breaſt, 34 116
To cure the Bone-Ach, 60
For the ſting of an Adder, 148
Mr. Aſhleys *Ointment*, 153

B.

For a Bruiſe under the Rib, 10 29 51 55 74 100 106 142
A reſtoring Broth, 18
A Cordiall Break-faſt, 20
A reſtoring Break-faſt, 21
For gripings of the Belly, ibid.
To keep the Belly Lapintine, 22

For Boiles. 25 124
To clear the Bloud, 30
For burning in the Back, 32
For weakneſſe in the Back, 33 75 76 99 111
A Plaiſter for a ſore Breaſt, 37
For a ſtinking Breath, 38
A Water to preſerve the health of the body, 43
For ſpitting of Bloud, 45 69 70 71
For one that piſſeth Bloud, 46
Againſt the biting of venomous Beaſts, 67
For a Burning cauſed by Lightning, 80
To ſtanch Bloud inwardly, 82
To comfort the Brain, 99
For a Burning or Scald, 120
To make Balm water, 137
For a Blaſt, 159

C

For a Conſumption, 1 19 24 94
For a Cold or Cough, 11 13 158 168
China broth for the Conſumption, 22
To make Cammomill oyle, 25
A Water for a Conſumption and Cough of the Lungs, 28
To make pectorall Roules for a Cold, 33
For Cornes, 49
To make a ſtrong water for the Canker, 51
991 45
For Convulſions, 54

To Cure Wounds that be Cankered, and doe burn, 60
For Cods swoll'n, 65
To cure them that have pain after their Child-bearing, 65
For the Collick, 78 98
For a dead Child in a Womans body, 87 149
Aqua Composita, 110 121 130
A Water for the Canker, 113
For the dry Cough and Ptisick, 116
To prevent a Consumption, 127
To cool Choler, 130
For the Collick passion, 131
For Children that are troubled with a great Cough, 141
A Sear-cloth against Carbunkles 156
The Powder of Crabs Clawes, 174

D

How to make Horse-radish Drink, 7
For the Dropsie, 3
To cure the biting of a mad Dog, 61 70 148
To deliver a Child in danger, 127

E

An Eye-water for all the Infirmities and Diseases of the Eyes, 29 31 48 105 162 164 165
For a Pin and Web, and redness in the Eyes, 35 72 104

For the Emeroids, 92 122 144.
To prevent Rheume running into the Eyes, ibid.
A Pouder for ſore Eyes, 125
For ſore Eyes cauſed by heat, 140 142

F

For the Falling ſickneſſe, 3 54 162
Cordials and Reſtoratives for the ſame, ibid.
Againſt Flegm that ſtops the throat and ſtomack, 11
How to know whether he that hath the Flux ſhall live or die, 46
A Fomentation, 54
To cure the bloudy Flux, ibid. 132 163.
Flos Unguentorum, 55
To break or kill the Felon, 62 117
One bruiſed with a Fall, 91
Oyle of Foxes or Badgers, with the virtues of them, 100
For a Felon of the Finger, 124
Jelly of Frogs, 167
For a red Face. 171

G.

To make a Gliſter, 14
For the Gout, 42 88 89
To cure the Garget in the throat, 86
For one burn'd with Gunpowder, 92
To make Gaſcoin *Powder,* 172

The Apothecaries Gaſcoin *Powder*, 173

H.

To take away Hoarſneſſe 13
To take away Headach, ibid.
To make a Jelly of Hears-horn, 14
A Cordial to cheer the Hearte 15
To make a cap for the pain and coldneſſe in the Head, 33
For ſuch as cannot Hear, 43
Heads of Children breaking out cured, 53
For bunches and Knots in the Head, 67
For a new Hurt, 69
To cleanſe the Head, 71
To drive infectious diſeaſes from the Heart, 84
For the Hearing, 87 117
For rheume in the Head, 91
For a ſinging in the Head 94
To make Oyle of Hypericon. 160
For Heat of the ſoles of the Feet, 172

I

For the Itch, 10 91 164
For the yellow Jaundies, 36
For the black Jaundies 85
A Felon in the Joynts, 117
For Joynts nummed, 124

K.

For Kibes, 25 162

The Counteſſe of Kents *Powder*, 175

L

For the Liver, 11 29 109
For the Lask, 66 91 107 113
For grief in the Lungs, 70 127
To cauſe eaſie Labour, 174
To keep ones body looſe or ſoluble, 170

M.

Againſt Melancholy, 4 68 108
For ſuch as are ſick after meat, ibid.
A Sirupe againſt Melancholy, 8
A ſtrengthning Meat, 19
To prevent Miſcarrying, 25
For the Mother, 114 145

P.

Againſt the Plague, 9 95 103 104 132 146 147 166
A Cordiall for the ſame, ibid.
A gentle purge, 23 39
A Receipt for the Pluriſie, 25 71
Pectorall Roules, 3[illegible]
For the Palſie, 37 9[illegible]
A Syrupe to purge, 5[illegible]
To make the Leaden Plaiſter, with the vir-tue of it, 101 10[illegible]
To break the Plague Sore, 104 14[illegible]
To make the beſt Paracelſus *Salve*, 14[illegible]
Plague water for three ſeveral times, 15[illegible]

A defenſive Plaiſter, 158
Lapis Prunellæ, 162
To preſerve againſt the Plagne, 169

R.

Reſtoratives 18 17
For running of the Reins, 3 4 6 5 7 9 119 159
For the Reines in the Back, 59
For one that hath a Rupture, 96 112
For Rheume, 125

S.

Sir John Digbies *Medicine for the Stone in the Kidneyes*, 2 6
For a Stitch under the Ribs, 10 59 95
For foul Scabs, ibid.
For the Spleen, 27 143
To make a Searcloth, ibid.
For the Scurvy, 30
A Sirupe to ſtrengthen the ſtomack, 31
For Sun-burnt, 34
To preſerve the Sight, 35 117
For Swellings, 38 50 51 69 110
For one that hath Surfeited, 47 38 106 165
For Sinewes ſhrunk, 61
Doctor Stevens *his Water*, 62 137
A Remedy for a fit of the Stone, and when that the water ſtops, 72 85 90 108 109
A Syrupe for pain in the Stomack, 73.

A

The Counteſſe of Kents *Powder*, 175

L

For the Liver, 11 29 109
For the Lask, 66 91 107 113
For grief in the Lungs, 70 127
To cauſe eaſie Labour, 174
To keep ones body looſe or ſoluble, 170

M.

Againſt Melancholy, 4 68 108
For ſuch as are ſick after meat, ibid.
A Sirupe againſt Melancholy, 8
A ſtrengthning Meat, 19
To prevent Miſcarrying, 25
For the Mother, 114 145

P.

Againſt the Plague, 9 95 103 104 132 146 147 166
A Cordiall for the ſame, ibid.
A gentle purge, 23 39
A Receipt for the Pluriſie, 25 71
Pectorall Roules, 36
For the Palſie, 37 98
A Syrupe to purge, 57
To make the Leaden Plaiſter, with the vir-tue of it, 101 10[illegible]
To break the Plague Sore, 104 14[illegible]
To make the beſt Paracelſus *Salve*, 14[illegible]
Plague water for three ſeveral times, 15[illegible]

A defensive Plaister, 158
Lapis Prunellæ, 162
To preserve against the Plagne, 169

R.

Restoratives 16 17
For running of the Reins, 3 4 6 5 7 9 11 9 159
For the Reines in the Back, 59
For one that hath a Rupture, 96 112
For Rheume, 125

S.

Sir John Digbies *Medicine for the Stone in the Kidneyes*, 2 6
For a Stitch under the Ribs, 10 59 95
For foul Scabs, ibid.
For the Spleen, 27 143
To make a Searcloth, ibid.
For the Scurvy, 30
A Sirupe to strengthen the stomack, 31
For Sun-burnt, 34
To preserve the Sight, 35 117
For Swellings, 38 50 51 69 110
For one that hath Surfeited, 47 38 106 165
For Sinewes shrunk, 61
Doctor Stevens *his Water*, 62 137
A Remedy for a fit of the Stone, and when that the water stops, 72 85 90 108 109
A Syrupe for pain in the Stomack, 73.

A Cordiall for the ſea, 75.
Oyle of St. Johns *Wort.* 77.
A ſalve for an old Sore. 77.82.86.90.97.114
For the green ſickneſſe. 80.
Oyle of Sage good for any grief. 83
For a Scald. 93.118.144.163.
Oyle of Swallows. 111.
For one that cannot ſleep. 114.118.
For one that hath a heat in his ſtomack. 115.
Burning and pricking in the Soles of the feet. 120.
To break a Sore. 123.
An electuary to comfort the Stomack. 125.
A powder for the Stone. 128.129.
For ſtiffneſſe of Sinews. 131.
For a Strain in the ſoynts. 128.152.

T

To diſtill Triacle water. 12.
To cure a Tetter. 54.94.170.
To keep the Teeth clean. 82.
For the Tooth-ache. 84.167.
To heale a prick with a Thorn. 93.103.112.
To quench or ſlack Thirſt. 115.
To make Teeth ſtand faſt. 168.
For one that hath loſt his Taſte. ibid.

V

To ſtay Vomiting. 32.
To ſtanch bleeding of a Vein. 46.

For

For a Vein that is evill ſmitten. ibid.
To clenſe Vlcers. 53.
For the falling of the Vvula in the throat. 172.

W

A Cordial for Wind in the ſtomack or any other part of the body. 16. 27. 40. 139.
A Balme for green Wounds. 26. 52 104. 119.
A Broth for one that is Weak. 38. 40.
To ſtanch the bleeding of Wounds 44.
For a Woman travailing with Child. 47.
For a Wen. 53.
Dr. Willoughbies *Water.* 63.
To draw an Arrow head, or iron out of a Wound. 66.
A Plaiſter for a Wound. ibid. 68. 79. 126.
For Women that have had a miſchance. 76.
For a Woman that hath her flowers too much. 88.
To cauſe a Woman to have her ſickneſſe. 90.
To kill Worms. 91. 145.
A Water for one that is ſick and weak. 107.
To take away Warts. 116.
Againſt Wind in any part. 148.
For to cauſe a young Childe to make Water. 171.

A CHOICE MANUALL, OR, RARE AND SELECT SECRETS IN PHYSICK,

By the Right Honourable the Counteſs of *Kent*.

A very good Medicine for a Conſumption, and Cough of the Lungs.

TAke a pound of the beſt Honey as you can get, and diſſolve it in a Pipkin, then take it off the fire, and put in two penniworth of flower of Brimſtone, and two penniworth of pouder of Elecampana, and

two penniworth of the flower of Liquorice, and two penniworth of red Roſewater, and ſo ſtir them together, till they be all compounded together, and put it into a gallie pot, and when you uſe it, take a Liquoriſh ſtick beaten at one end, and take up with it as much almoſt as half a Walnut, at night when you goe to bed, and in the mornings faſting, or at any time in the night when you are troubled with the Cough, and ſo let it melt down in your mouth by degrees.

Sr. John Digbies *Medicine for the Stone in the Kidnies.*

Take a pound of the fineſt Honey, and take ſeven quarts of Conduit water, ſet them on the fire, and when it is ready to ſeeth, ſcum it, and ſtill as the froth doth riſe ſcum it, and put in twenty whole Cloves, and let it ſeeth ſoftly for the ſpace of half an hour, and ſo bottle it up for your uſe, and drink it morning and evening, and at your meat, and no other drinke untill you are well.

A Medicine for the falling Sickneſs.

Take a penny weight of the pouder of Gold, ſix pennie weight of Pearl, ſix pennie weight of Amber, ſix pennie weight of Corrall, eight grains of Bezar, half an ounce of Pionie ſeeds; Alſo you muſt put ſome pouder of dead mans ſcull that hath been an Anatomie, for a Woman, and the pouder of a woman for a man, compound all theſe together, and take as much of the pouder of all theſe as will lye upon a two pence for nine mornings together in Endive water, and drink a good draught of Endive water after it.

For Cordials and Reſtoratives uſe theſe things following.

In any faintneſs take three drops of oyle of Cinnamon, mixed with a ſpoonfull of Sirrup of Gilliflowres, and as much Cinnamon water, drink this for a Cordiall.

GUILDHALL LIBRARY
B 2
LONDON

Againſt

Againſt Melancholie.

Take one ſpoonfull of Gilliſloures, the weight of ſeven Barlie corns of Beverſtone, bruiſe it as fine as flour, and ſo put it into two ſpoonfuls of Sirrup of Gilliflours, and take it four hours after ſupper, or elſe four hours after dinner, this will cheer the heart.

If you be ſick after meat, uſe this.

Take of the beſt green Ginger is preſerved in Sirrup, ſhred it in ſmall peeces, put it into a gallie pot, and put Cinnamon water to it, then after dinner or ſupper, eat the quantity of two Nutmegs upon a knifes point.

Aqua mirabilis.

Take three pints of White wine, one pint of *Aqua vitæ*, one pint of juice of Salandine, one drachm of Cardamer, a drachm of Mellilot flours, a drachm of Cubebs, a drachm of Galingal, Nutmegs, Mace, Ginger and Cloves, of each a drachm

drachm, mingle all theſe together over night, the next morning ſet them a ſtilling in a glaſs Limbeck.

The Vertues.

This Water diſſolveth ſwelling of the Lungs, and being periſhed doth help and comfort them, it ſuffereth not the bloud to putrifie, he ſhall not need to be let bloud that uſeth this water, it ſuffereth not the heart burning, nor Melancholy or Flegm to have dominion, it expelleth urine, and profiteth the ſtomack, it preſerveth a good colour, the viſage, memorie, and youth, it deſtroyeth the Palſie.

Take ſome three ſpoonfuls of it once or twice a week, or oftner, morning and evening, firſt and laſt.

Another way to make Aqua Mirabilis.

Take Galingall, Cloves, Quibs, Ginger, Mellilip, Cardamonie, Mace, Nutmegs, of each a drachm, and of the juyce of Salledine half a pint, adding the juyce Mints and Balm, of each half a pint more, and mingle all the ſaid Spices being beaten into pouder with the juyce,

and with a pint of good *Aqua vitæ*, and three pints of good White wine, and put all theſe together into a pot, and let it ſtand all night being cloſe ſtopt, and in the morning ſtill it with a ſoft fire as can be, the ſtill being cloſe paſted, and a cold ſtill.

A Medicine for the Stone in the Kidnies.

Take a good handful of Pellitorie of the wall, a handfull of Mead Parſley, or Saxifrage, a handfull of wilde Thime, a handful of garden Parſley, three ſpoonfuls of Fennel Seeds, ſix Horſe Raddiſh roots ſliced, then ſhred all theſe together, and put them in a gallon of new milk, and let them ſtand and ſteep in a cloſe pot one whole night, and then ſtill them milk and all together, this muſt be done in *May* or *June*, for then hearbs are in their beſt ſtate, and when it is taken, you muſt put to two or three ſpoonfulls of this water as much White wine, as Renniſh, and if you pleaſe a little Sugar, and ſo take it two dayes before the change, and two dayes after, and two dayes before the full, and two dayes after, continuing taking

taking the ſame all the yeare, and the Patient undoubtedly ſhall find great eaſe, and void many ſtones, and much gravell with little pain.

To make Horſe Raddiſh drinke.

Take half a pound of Horſe Raddiſh, then waſh and ſcrape them very clean, and ſlice them very thin, croſſe wayes on the root, then put them into ſix quarts of ſmall ale, ſuch as is ready for drinking, which being put into a Pipkin cloſe covered, ſet on the Embers, keeping it little more then bloud warm, for twelve hours, then take it off the fire, and let it ſtand to cool untill the next morning, then pour the clear liquor into bottles, and keep it for your uſe, drinking a good draught thereof in the morning, faſting two houres after, and the like quantitie at four in the afternoon, this drink is excellent good againſt winds, as alſo for the ſcouring, and Dropſie being taken in time.

An excellent Sirrup againſt Melancholly.

Take four quarts of the juyce of Pearmains, and twice as much of the juyce of Bugloſſe, and Borrage, if they be to be gotten, a drachm of the beſt Engliſh Saffron, bruiſe it, and put it into the juyce, then take two drachms of *Kermes* ſmall beaten to powder, mix it alſo with the juyce, ſo being mixt, put them into an earthen veſſell, covered or ſtopt forty eight houres, then ſtrain it, and allow a pound of Sugar to every quart of juyce, and ſo boyle it to the ordinary height of a ſirrup; after it is boyled, take one drachm of the Species of Diamber, and two drachms of the Species of *Diamargariton frigidum*, and ſo ſew the ſame ſlenderly in a linnen bag, that you may put the ſame eaſily into the bottle of Sirrup, and ſo let it hang with a thread out at the mouth of the bottle; the Species muſt be put into the Sirrup in the bag, ſo ſoon as the Sirrup is off the fire, whilſt it is hot, then afterwards put it into the bottle, and there let it hang: put but a ſpoonfull or two of Honey amongſt it whilſt

it

it is boyling, and it will make the ſcum riſe, and the Sirrup very clear.

You muſt adde to it, the quantity of a quarter of a pint of the juyce of Balm.

An excellent Receipt for the Plague.

Take one pound of green Walnuts, half an ounce of Saffron, and half an ounce of *London* Triacle, beaten together in a morter, and with a little *Carduus*, or ſome ſuch water, vapour it over the fire, till it come to an Electuary: keep this in a pot, and take as much as a Walnut, it is good to cure a Fever, Plague, and any infection.

An excellent Cordiall.

Take the floures of Marigolds, and lay them in ſmall ſpirit of Wine, when the tincture is fully taken out, pour it off from the floures, and vapour it away, till it come to a conſiſtence as thick as an Electuary.

GUILDHALL LIBRARY LONDON

For a Riſe, or Stich, under the Ribs.

Take five or ſix handfuls of Cabbage, ſtamp it, and ſtrain it, after it is boyled in a quart of fair water, then ſweeten it with Sugar, and drink of it a wine Glaſſe, in the morning, and at four in the afternoon, for five or ſix dayes together: then take a Cabbage leafe, and between two diſhes ſtew it, being wet firſt in Canary Wine, and that lay hot to your ſide evenings and mornings.

An excellent Receipt for an Itch, or any foule Scabs.

Take Fox gloves, and boyle a handful of them in poſſet drink, and drink of it a draught at night, and in the morning, then boyle a good quantity of the Fox gloves in fair running water, and annoint the places that are ſore with that water.

A Receipt good for the Liver.

Take Turpentine, ſlice it thinne, and lay it on a Silver, or Purſlane Plate, twice

or

or thrice in the Oven with the bread till it be dry, and ſo make it into powder, every day take as much as will lie on a ſixpence in an Egg.

For Flegm, and ſtopping in the throat and ſtomack. D. T.

Take oyle of Almonds, Linſeed oyle, buds of Orange floures, boyle all theſe in Milk, and annoint the ſtomack well with it, and lay a Scarlet cloth next to it.

For an extream Cold and a Cough.

Take of Hyſop water ſix ounces, of red Poppy water four ounces, ſix Dates, ten Figs, and ſlice them ſmall, a handful of Raiſins of the Sun, the weight of a ſhilling of the powder of Licorice, put theſe into the aforeſaid waters, and let them ſtand five or ſix houres upon warm embers cloſe covered, and not boyle, then ſtrain forth the water, and put into it, as much Sugar of Roſes as will ſweeten it, drink of this in the morning, and at four of the clock in the afternoon, and when you goe to bed.

To diſtill Triacle water.

Take one ounce of Harts-horn ſhaved, and boyle it in three pints of *Carduus* water till it come to a quart, then take the roots of Elecampane, Gentian, Cipreſſe, Turmentill, and of Citron rindes, of each one ounce, Borrage, Bugloſſe, Roſemary floures, of each two ounces, then take a pound of the beſt old Triacle, and diſſolve it in ſix pints of white Wine, and three pints of Roſe-water, ſo infuſe altogether, and diſtill it.

It is good to reſtore ſpirits, and ſpeech, and good againſt ſwouning, faintneſſe, Agues, and Wormes, and the ſmall Pox.

Triacle water.

Take three ounces of *Venice* Triacle, and mingle it in a quart of ſpirit of Wine, ſet it in horſe-dung four or five dayes, then ſtill it in aſhes or ſand twice over, after take the bottome which is left in the Still, and put to it a pint of ſpirit of Wine, and ſet it in the dung till the tincture be clean out of it, and ſtrain the clear

clear tincture out of it, and set it on the fire till it become to be a thick consistence, it must be kept with a soft fire.

And so the like with Saffron.

To take away a Hoarsnesse.

Take a Turnip, cut a hole in the top of it, and fill it up with brown Sugar-candy, and so roast it in the embers, and eat it with Butter.

To take away the Head-ach.

Take the best Sallade oyle, and the glasse half full with the tops of Poppy floures which groweth in the Corn, set this in the Sun a fortnight, and so keep it all the year, and annoint the Temples of your head with it.

For a Cough.

Take Sallade oyle, *Aqua vitæ*, and Sack, of each an equall quantity, heat them altogether, and before the fire rub the soles of your feet with it.

To make a Jelly of Harts-horn.

Take a quart of running water, and three ounces of Harts-horn ſcraped very fine, then put it into a ſtone Jug, and ſet the Jug in a Kettle of water over the fire, and let it boyle two or three houres untill it jelly, then put into it three or four ſpoonfuls of Roſe-water, or white Wine, then ſtrain it: you may put into it Musk, or Ambergreece, and ſeaſon it as you pleaſe.

To make a Gliſter.

Take half a quart of new Milk, or three quarters, ſet it on the fire, and make it ſcalding hot, then take it off, and put into it a yoalk of a new laid Egg beaten, two ounces of brown Sugar Candie, or Black Sugar, give it the party bloud-warm.

To make a Gliſter.

Take the bone of a neck of Mutton, or Veal clean waſhed, ſet it on the fire

to

to boyl in three pints of fair water, and when it is clean ſcummed, then put in the roots of Fennel and Parſely clean waſhed and ſcraped, of either of them the Roots bruiſed, a handfull of Cammomile, and Mallows a handfull, let all theſe boil together till half be waſted, then ſtrein it, take three quarters of a pint of this broth, brown Sugar Candie two ounces, of Oyle of Flaxſeed two ounces, mingle all theſe together, and take it for a Gliſter bloud-warm, when it is in your body keep it half an hour, or three quarters of an hour, or an hour if you can.

A Comfortable Cordial to cheer the Heart.

Take one ounce of conſerve of Gilliflowres, four grains of the beſt Musk bruiſed as fine as flower, then put it into a litle tin pot, and keep it till you have need to make this Cordiall following; *Viz.* Take the quantitie of one Nutmeg out of your tin pot, put to it one ſpoonfull of Cinnamon water, and one ſpoonful of the Sirrup of Gilliflours, Amber-greece, mix all theſe together, and drink them in the

the morning, faſting three or four houres, this is moſt comfortable.

A Cordial for Winde in the Stomack, or any Part.

Take ſix or eight ſpoonfuls of Penny-royall water, put into it four drops of oyle of Cinnamon, ſo drinke it any time of the day, ſo you faſt two houres after.

Reſtoratives.

Take a well fleſht Capon from the barn-door, and pluck out his Intrals, then waſh it within with a little white-wine, then flea of all the skin, and take out his bones, and take the fleſh, onely cut it in little peeces, and put it into a little ſtone bottle, and put to it an ounce of white Sugar-candie, ſix Dates ſlit, with the ſtones and piths taken out, one large Mace, then ſtop the bottle up faſt, and ſet it in a Chafer of water, and let it boil three houres, then take it out, and pour the juice from the meat, and put to it one ſpoonful of red Roſe water, and take the better part for your breakfaſt four hours before dinner, and

and the other part at three a clock in the afternoon, being bloud-warm.

Another Reſtorative.

Take half a pint of Claret wine, and half a pint of ale, and make a caudle with a new laid egg, put in half a Nutmeg, cut into two peeces, then take it off the fire, and put in ſeven grains of Ambergreece, drinke this for two breakfaſts, for it will increaſe bloud and ſtrength.

Another Reſtorative.

Take two new laid Eggs, and take the whites clean from them, and put the yolks both in one ſhell, then put in two ſpoonfulls of Claret wine, ſeven grains of Amber-greece ſmall bruiſed, and a little Sugar Candie, ſtir all theſe together, and make them bloud-warm, and ſup them up for a breakfaſt three or four hours before dinner.

Another Reſtorative.

Take a young leg of Mutton, cut off

the skin, and the fat, take the fleſh being cut into ſmall peeces, and put it into a ſtone bottle, then put to it two ounces of raiſins of the Sun ſtoned, large Mace, an ounce and half of Sugar Candie, and ſtop the bottle very cloſe, and let it boil in a Chafer three hours, and ſo put the juice from the meat, and keep it in a clean glaſſe, it will ſerve for three breakfaſts, or if he will, he may take ſome at three a clock in the afternoon being made warm.

A reſtoring Broath.

Take two ounces of Chene roots, firſt ſlit very thin, then put it in a new Pipkin with five pints of running water, being cloſe covered, and ſo ſet it upon embers all night long, where it may be very hot, but not ſeeth, then put to that water, a great cock Chicken, and when it is clean ſcummed, put into it two ſpoonfuls of French Barly, ſix Dates ſlit, with the pithes and ſtones taken out, two ounces of Raiſins of the Sun ſtoned, large Mace, let all theſe boyle together till half be conſumed, then take out the Cock, and beat

beat the fleſh of it in a clean Morter, and a little of the broth, then ſtrain it altogether throughout a hair Collender, then put in two ſpoonfuls of red Roſe-water, and ſweeten it with white Sugar-candy, drink of this broth being made warm half a pint in the morning early faſting, and ſleep after it if you can, drink a good draught at three of the clock in the afternoon; this broth is very good for a Conſumption, and the longer they taſte it, it is the better.

A Strengthening Meat.

Take Potato roots, roſte them, or bake them, then pill them, and ſlice them into a diſh, put to it lumps of raw marrow, and a few Currans, a little whole Mace, and ſweeten it with Sugar to your taſte, and ſo eat it in ſtead of buttered Parſnips.

Broath for a Conſumption.

Take three Marrow bones, break them in pieces, and boil them in a gallon of water till half be conſumed, then ſtrain the

liquor through a Collender, and let it ſtand while it be cold, then take off all the fat clean, and put the broth into a Pipkin, and put to it a good Cock chicken, and a knuckle of Veal, then put into it the bottome of a white loaf, a whole Mace, two ounces of Raiſins of the Sun ſtoned, ſix Dates ſlit, let all theſe boil together till half be conſumed, then ſtrain it, in ſtead of Almonds take a few Piſtaties kernels, and beat them, and ſtrain them with your broths as you doe Allum milk, and ſo ſweeten it with white Sugar, and drink half a pint early in the morning, and at three a clock in the afternoon, and ſo continue a good while together, or elſe it will doe you no good.

Another Cordiall.

Take a preſerved Nutmeg, cut it in four quarters, eat a quarter at a breakfaſt, and another in the afternoon, this is good for the head and ſtomack.

A Cordial for a Breakfaſt faſting.

Eat a good peice of a Pomecitron preſerved,

ſerved, as big as your two fingers in length and breadth, and ſo at three of the clock in the afternoon.

A Reſtoring Breakfaſt.

Take the brawn of a Capon, or Pullet, twelve Jordan Almonds blanched, beat them together, and ſtrain out the juyce, with a draught of ſtrong broath, and take it for a breakfaſt, or to bedward.

A Medicine for any gripings of the Belly.

Take a pint of Claret wine, put to it a ſpoonful of Parſeley ſeed, and a ſpoonful of ſweet Fennel ſeed, half a doſen Cloves, a branch of Roſemary, a wild Mallow root clean waſht and ſcrapt, and with the pith taken out, with a good peece of Sugar; ſet this on the fire, and burn the Claret very well with all theſe things in it, then drinke a good draught of it in the morning faſting, and at three a clock in the afternoon.

To keep the Body Lapintine.

Take half a pint of running water, put it in a new Pipkin with a cover, then put into the water two ounces of Manna, and when it is diſſolved, ſtrain it, and put to it four ounces of Damask Prunes, eight Cloves, a branch of Roſemary, let all theſe ſtew together while they be very tender, then eat a doſen of them with a little of the liquor an hour before dinner or ſupper, then take a draught of broth and dine.

To make the China *Broth for a Conſumption.*

Take *China* root thin ſliced two ounces, ſteep it twenty four houres in eight pints of fair water, letting it ſtand warm all the time, being cloſe covered in an earthen Pipkin, or Iron pot, then put to it a good Cockrell, or two Chickens clean dreſſed, and ſcum it well, then put in five leaved graſſe two handfuls, Maidenhair, Harts tongue, of either half a handful, twenty Dates ſliced, two or three Mace,

Mace, and the bottome of a Manchet, let all theſe ſtew together, untill not above one quart remains, then ſtrain it, and take all the fleſh, and ſweet bones, beat them in a ſtone Morter, and ſtrain out all the juyce with the broth, then ſweeten it with two ounces of white Sugar Candie in pouder, and take thereof half a pint at once, early in the morning warm, and ſleep after it if you can, and two houres before ſupper at your pleaſure, when you ſteep the root, ſlice two drachms of white Sanders, and as much red Sanders, and let them boyl in the broth.

A gentle Purge.

Take an ounce of Damask Roſes, eat it all at one time, faſt three quarters of an hour aſter, then take a draught of Broth, and dine.

Another Purge.

Take the weight of four or five pence of Rubarb, cut it in little pieces, and take a ſpoonfull or two of good Currants waſht very clean, ſo mingle them toge-

ther, and ſo eat them, faſt an hour after, and begin that meal with broth, you may take it an hour before if you will.

Broth for a Conſumption.

Take a courſe Pullet, and ſow up the belly, and an ounce of the conſerves of red Roſes, of the conſervs of Borage, and Bugloſs flours, of each of them half an ounce, Pine apple kernels, and Piſtaties of each half an ounce bruiſed in a morter, two drachms of Amber pouder, all mixed together, and put in the belly, then boyle it in three quarts of water, with Egrimonie, Endive, and Succorie, of each one handful, Sparrowgraſs roots, Fennel roots, Caper roots, and one handfull of Raiſins of the Sun ſtoned, when it is almoſt boiled, take out the Pullet, and beat it in a ſtone Morter, then put it into the liquor again, and give it three or four walmes more, then ſtrain it, and put to it a little red Roſewater, and half a pint of white wine, and ſo drinke it in a morning, and ſleep after it.

To prevent Miſcarrying.

Take Venice Turpentine, ſpread it on black brown paper, the breadth and length of a hand, lay it to the ſmall of her back, then give her to drinke a Caudle made of Muſcadine, and put into it the husks of twentie three ſweet Almonds dryed and finely poudred.

For Boils or Kibes, or to draw a Sore:

Take ſtrong Ale, and boil it from a pint to four ſpoonfuls, and ſo keep it, it will be an ointment.

To make Cammomile Oyle.

Shred a pound of Cammomile, and knead it into a pound of ſweet Butter, melt it, and ſtrain it.

A Receipt for the Pluriſie.

Take three round Balls of Horſe-dung, boil them in a pint of white Wine till half be conſumed, then ſtrain it out, and ſweeten

ſweeten it with a little Sugar, and let the Patient goe to bed and drink this, then lay him warm.

For an Ague.

Take a pint of Milk, and ſet it on the fire, and when it boils put in a pint of Ale, then take off the curd, and put in nine heads of *Carduus*, let it boil till half bee waſted, then to every quarter of a pint, put a good ſpoonful of wheat-flower, and a quarter of a ſpoonful of groſſe Pepper, and an hour before the fit, let the Patient drinke a quarter of a pint, and be ſure to lye in a ſweat before the fit.

An excellent Balm for a green Wound.

Take two good handfuls of Engliſh Tobacco, ſhred it ſmall, and put it into a pint of Sallet oyle, and ſeeth it on a ſoft fire to ſimper, till the oyle change green, then ſtrain it, and in the cooling put in two ounces of *Venice* Turpentine.

For an Ach.

Take of the beſt gall, white Wine Vinegar, and *Aqua vitæ*, of each a like quantity, and boil it gently on the fire, till it grow clammie, then put it in a glaſſe or pot, and when you uſe any of it, warm it againſt the fire, rub ſome of it with your hand on the akeing place, and lay a linnen cloth on it, doe this mornings and evenings.

To make a Searcloth.

Viroſius Wax, *Sperma ceti*, *Venice* Turpentine, oyle of White Poppie, oyle of Ben, oyle of ſweet Almonds.

For Wind in the Stomack, and for the Spleen.

Take a handfull of Broom, and boil it in a pint of Beer or Ale, till it be half conſumed, and drinke it for the wind, and the ſtomack, and for the Spleen.

A moſt excellent Water for a Conſumption, and Cough of the Lungs.

Take a running Cock, pull him alive, then kill him when he is almoſt cold, cut him abroad by the back, and take out the Intrals, and wipe him clean, then cut him in quarters, and break the bones, put him into ſuch a Still as you ſtill Roſewater in, and with a pottle of Sack, a pound of Currants, a pound of Raiſins of the Sun ſtoned, a quarter of a pound of Dates the ſtones taken out, and the Dates cut ſmall, two handfulls of wilde Thyme, two handfuls of Orgares, two handfuls of Pimperball, and two handfuls of Roſemary, two handfuls of Bugloſs and Borage flours, a pottle of new Milk of a red Cow, ſtill this with a ſoft fire, put into the glaſſe that the water doth drop into, half a pound of Sugar Candie beaten very ſmall, one book of leaf gold cut ſmall among the Sugar, four grains of Amber greece, twelve grains of prepared Pearl, you muſt mingle the ſtrong water with the ſmall, and drink four ſpoonfuls at a time in the morning faſting, and an houre before ſupper,

ſupper, you muſt ſhake about the glaſſe when you drinke it.

A Medicine good for the Liver.

Take Turpentine, ſlice it thin, and lay it on a ſilver or Purſlane plate twice or thrice into the Oven with the bread till it bee dry, and ſo make it into pouder every day, take as much as will lye on a ſixpence in an Egg.

For a Bruiſe.

Take ſix ſpoonfuls of Honey, a great handful of Linſeed, bruiſe theſe in a morter, and boyle them in a pint of Milk an hour, then ſtrain it very hard and annoint your breaſt and ſtomack with it every morning and evening, and lay a red hoſe upon it.

The Eye-Water for all the Infirmities and Diſeaſes of the Eye.

Take of the diſtilled water of the white wild Roſe, half a pound of the diſtilled water of Celendine, Fennel, Eyebright, and

and Rue, of each two ounces, of Cloves one ounce and a half, of white Sugar-candy one drachm, of *Tutia* prepared four ounces, pulveriſe all theſe Ingredients each by themſelves, ſaving that you muſt bruiſe the Campihre with your Sugar-candy, for ſo it breakes beſt, then mix all the Pouders together in a paper, put them in a ſtrong glaſſe, pour the diſtilled waters upon them, and three pints of the beſt French white Wine that can be had, ſhake it every day three or four times long together for a moneth, and then you may uſe it; remember to keep it very cloſe ſtopt; this is *verbatim*, as it was had from the Lord *Kelley*.

A Medicine very good for the Dropſie, or the Scurvy, and to clear the blond.

Take four gallons of Ale, drawn from the tap into an earthen Stand, when the Ale is two dayes old, then you muſt put in four handfuls of Brooklime, four handfuls of Watercreſſes, four handfuls of water-Mints with red ſtalkes, half a peck of Scurvy-graſſe, let all theſe be clean picked, and waſhed, and dried with a cloth, and ſhred

ſhred with a knife, and then put into a bag, then put in the Ale, and ſtop it cloſe, ſo that it have no vent, ſtop it with rie paſte; the beſt Scurvy-graſſe groweth by the water ſide: it muſt be ſeven dayes after the things be in before you drink it. Take two quarts of water, and put in four ounces of *Guaiacam*, two ounces of Sarſaparilla, one ounce of Saxifrage, put it into a Pipkin, and infuſe it upon the embers for twelve houres, and then ſtrain it, and put it into the Ale as ſoon as it hath done working, this being added makes the more Caudle.

For ſore Eyes.

Take half a pint of red Roſewater, put therein four penny of Alloeſuckatrinay, as much *Bole armoniack* in quantity, let this lie four and twenty houres in ſteep, then waſh your eyes with it evenings and mornings with a feather, and it will help them.

A Sirrup to ſtrengthen the Stomack, and the Brain, and to make a ſweet Breath.

Take rindes while they be new one pound

pound, of running water the value of five wine pints, then ſeeth it unto three pints, then ſtrain it, and with one pound of Sugar ſeeth it to a Sirupe, and when you take it from the fire, put to it four graines of Musk.

For the burning in the Back.

Take the juyce of Plantain, and womans Milk, being of a woman Child, put thereto a ſpoonfull of Roſewater, and wet a fine cloth in the ſame, and ſo lay it to your Back where the heat is.

A very good Medicine to ſtay the vomiting.

Take of ſpare Mince, Wormwood, and red Roſe leaves dried, of each half a handfull, of Rye bread grated a good handfull, boyle all theſe in red Roſewater, and Vinegar, till they be ſomewhat tender, then put it in a linnen cloth, and lay it to the ſtomack as hot as you can indure it, heating it two or three times a day with ſuch as it was boyled with.

For

For weakneſſe in the Back.

Take Nixe, and Clary, and the Marrow of an Oxe back, chop them very ſmall, then take the yolks of two or three Eggs, and ſtrain them altogether, then fry them, uſe this ſix or ſeven times together, and after it drink a good draught of Baſtard, or Muskadine.

To make a Cap for the pain and coldneſſe in the Head.

Take of *Storix*, and *Benjamine*, of both ſome twelve pennyworth, and bruiſe it, then quilt it in a brown paper, and wear it behinde on your head.

To make Pectorall Roules for a Cold.

Take four ounces of Sugar finely beaten, and half an ounce of ſearſed Licorice, two graines of Musk, and the weight of two pence of the ſirupe of Licorice, and ſo beat it up to a perfect paſte, with a little ſirupe of Horehound, and a little *Gumdragon* being ſteeped in Roſewater, then roul them in ſmall rouls, and dry them, and ſo you may keep them all the whole year.

A proved Medicine for any one that have an Ague in their Breaſt.

Take the Patients own water, or any others that is very young, and ſet it over the fire, put therin a good handfull of Roſemary, and let it boyle, then take two red clothes and dip them in the water, then nip it hard, and lay it on the breaſt as hot as it may be indured, and apply it till you ſee the breaſt aſſwaged, then keep it very warm.

For the running of the Reines.

Take the Pith of an Oxe that goeth down the back, a pint of red Wine, and ſtrain them together through a cloth, then boyle them a little with a good quantity of Cinnamon, and a Nutmeg, and large Mace, a quantity of Ambergreece, drink this firſt and laſt daily.

For Sun-burnt.

Take the juyce of a Lemon, and a little Bayſalt, and waſh your hands with it, and let

let them dry of themſelves, waſh them again, and you ſhall find all the ſpots and ſtaines gone.

For a Pin and Web, and redneſſe in the eye.

Take a pint of white Roſewater, half a pint of white Wine, as much of *Lapis Calaminaris* as a Walnut bruiſed, put all theſe in a glaſſe, and ſet them in the Sun one week, and ſhake the glaſſe every day, then take it out of the Sun, and uſe it as you ſhall need.

A ſpeciall Medicine to preſerve the ſight.

Take of brown Fennell, Honeyſuckles of the hedge, of wild Daſies roots picked, and waſhed, and dryed, of Pearl-wort, of Eyebright, of red Roſes the white clipped away, of each of theſe a handfull dry gathered, then ſteep all theſe Hearbs in a quart, or three pints, of the beſt white Wine in an earthen pot, and ſo let it lye in ſteep two or three dayes cloſe covered, ſtirring it three times a day, and ſo ſtill it with a gentle fire, making two diſtillings, and ſo keep it for your uſe.

A proved Medicine for the yellow Jaundies.

Take a pint of Muſcadine, a pretty quantity of the inner bark of a Barberry tree, three ſpoonfuls of the greeneſt gooſe dung you can get, and take away all the white ſpots of it, lay them in ſteep all night, on the morrow ſtrain it, and put to it one grated Nutmeg, one penniworth of Saffron dried, and very fine beaten, and give it to drink in the morning.

To make Pectorall Roules.

Take one pound of fine Sugar, of Licorice and Anniſe ſeeds two ſpoonfulls, of Elicampane one ſpoonful, of Amber and Corrall of each a quarter of a ſpoonfull, all this muſt be very finely beaten and ſearſed, and then the quantity that is ſet down muſt be taken, mix all theſe pouders together well, then take the white of one egg, and beat it with a pretty quantitie of Musk, then take a Braſen morter very well ſcoured, and a ſpoonful or two of the Pouders, and drop ſome of the

Egg

Egg to it, ſo beat them to a paſte, then make them in little roules, and lay them on a Plate to dry.

A Plaiſter for a ſore Breaſt.

Take crums of Whitebread, the tops of Mint chopped ſmall, and boil them in ſtrong Ale, and make it like a Poulteſs, and when it is almoſt boyled, put in the pouder of Ginger, and oyle of Thyme, ſo ſpread it upon a cloth, it will both draw and heal.

A Medicine for the dead Palſie, and for them that have loſt their ſpeech.

Take Borage leaves, Marigold leaves or flours, of each a good handfull, boil it in a good Ale Poſſet, the Patient muſt drinke a good draught of it in the morning and ſweat, if it be in the arms or legs, they muſt be chaffed for an hour or two when they be grieved, and at meals they muſt drink of no other drink till their ſpeech come to them again, in Winter if the Hearbs be not to be had, the Seeds will ſerve.

An approved Medicine for an Ach or Swelling.

Take the flours of Cammomile, and Roſe leaves, of each of them a like quantitie, and ſeeth them in white Wine, and make a plaiſter thereof, and let it be laid as hot as may be ſuffered to the place grieved, and this will eaſe the pain, and aſſwage the ſwelling.

An approved Medicine for a ſtinking Breath.

Take a good quantity of Roſemary leaves and flours, and boil them in white Wine, and with a little Cinnamon and Benjamin beaten in pouder, and put therein, and let the Patient uſe to waſh his mouth very often therewith, and this will preſently help him.

A good Broth for one that is weak.

Take a part of the neck of Lambe, and a pretty running fowl, and ſet them on the fire in fair Spring water, and when it boyleth

boyleth ſcum it well, ſo done, put in two large Mace, and a few Raiſins of the Sun ſtoned, and a little Fennel root, and a Parſley root, and let them boil, if the party be grieved with heat or cold in the ſtomack; if heat, put in a handfull of Barlie boyled before in two waters, and ſome Violet leaves, Sorrel, Succorie, and a little Egrimonie; if cold, put in Roſemary, Thyme, a Lillie, Marigold leaves, Borage, and Bugloſs, and boyle this from four pints to leſſe then one.

A Receipt for Purging, D. T.

Take the leaves of new Sene ſix ounces, of choſen Rubarb one ounce and half, leaves of Sage, red Dock roots of each an ounce, of Barberies half an ounce, Cinnamon and Nutmegs of each an ounce, Anniſeſeeds and Fennel ſeeds of each ſix drachms, of Tamarisk half an ounce, Cloves and Mace, of each half a drachm, beat them into a groſſe pouder, and hang them in a linnen Bag, in ſix gallons of new Ale, ſo drinke of it faſting in the morning, and at night.

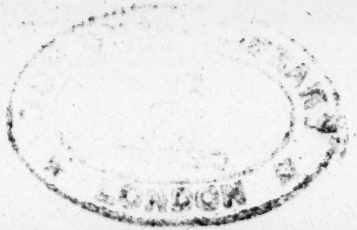
To comfort the ſtomack, and help Windineſs and Rheum.

Take of Ginger one penniworth, Cloves four penniworth, Mace ſeven penniworth, Nutmegs four penniworth, Cinnamon four penniworth, and Galingale two penniworth, of each one ounce, of Cubebs, Cotall, and Amber, of each two drachms, of Fennel ſeed, Dill ſeed, and Carraway ſeed, of each one ounce, of Liquorice and Aniſe ſeeds of each an onnce, all beaten into fine pouder, one pound and a halfe of fine beaten Sugar, which muſt be ſet on a ſoft fire, and being diſſolved, the pouders being well mixed therewith till it bee ſtiffe, then put thereunto half a pint of red Roſewater, and mix them well together and put it into a gallie pot, and take thereof firſt in the morning, and laſt in the evening, as much as a good Haſell Nut, with a ſpoonfull or two of red Wine.

To make a Callice for a weak Perſon.

Take a good Chicken, and a peece of the

the neck end of Lamb or Veal, not ſo much as the Chicken, and ſet them on the fire, and when they boyl and are well ſcummed caſt in a large Mace, and the piece of the bottome of a Manchet, and half a handful of French Barlie boyled in three waters before, and put it to the Broth, and take ſuch hearbs as the partie requireth, and put them in when the broth hath boyled half an hour, ſo boyl it from three and a half to one, then caſt it through a ſtrainer, and ſcum off all the fat, ſo let it cool, then take twenty good Jordan Almonds, or more, if they be ſmall, and grind them in a Morter with ſome of the broth, or if you thinke your Broth too ſtrong, grinde them with ſome fair water, and ſtrain them with the broth, then ſet it upon a few coals, and ſeaſon it with ſome Sugar not ſo much, and when it is almoſt boyled, take out the thickeſt, and beat it all to pieces in the morter, and put it in again, and it will doe well, ſo there be not too much of the other fleſh.



For the Gout.

Take ſix drachms of Cariacoſtine faſting in a morning, and faſt two houres after it, you may roll it up in a Wafer, and take it as Pills, or in Sack, as you conceive is moſt agreeable for the ſtomack; this proportion is ſufficient for a woman, and eight drachms for a man, and take it every ſecond day untill you find remedie for it, it is a gentle purge that works onely upon winds and water.

The Poulteſſe for the Gout.

Take a pennie loaf of Whitebread, and ſlice it, and put it in fair water, two Eggs beaten together, a handfull of Redroſe leaves, two penniworth of Saffron dryed to pouder, then take the bread out of the water, and boil it in a quantity of good Milk, with the reſt of the Ingredients, and apply it to the place grieved as warm as you can well indure.

For

For them that cannot hear.

Put into their eares good dried Suet.

A Soveraign Water good for many Cures and the health of Bodies.

Take a gallon of good *Gaſcoign* wine, White or Claret, then take Ginger, Galingall, Cardomon, Cinnamon, Nutmegs, Grains, Cloves, Anniſe ſeeds, Fennel ſeeds, Carraway ſeeds, of each of them three drachms, then take Sage, Mints, red Roſe leaves, Thyme, Pellitorie, Roſemary, wild Thyme, wild Majoram, Organy, Pennymontain, Pennyroyall, Cammomile, Lavender, Avans of each of them a handful, then beat the Spices ſmall, and the hearbs, and put all into the wine, and let it ſtand for the ſpace of twelve houres, ſtirring it divers times: Then ſtill it in a Limbeck, and keep the firſt water by it ſelf, for it is beſt, then will there come a ſecond water which is good, but not ſo good as the firſt; The Vertues of this Water be theſe, It comforteth the Spirit vitall, and preſerveth greatly the Spirit vitall, and preſerveth

veth greatly the youth of man, and helpeth all inward diſeaſes coming of cold, and againſt ſhaking of the Palſie, it cureth the contract of Sinnews, and helpeth the conception of the barren, it killeth the Worms in the Belly, it killeth the Gout, it helpeth Tooth-ach, it comforteth the ſtomack very much, it cureth a cold Dropſie, it breaketh the ſtone in the back, and in the reins of the back, it cureth the Canker, it helpeth ſhortly the ſtinking Breath, and whoſoever uſeth this water oft, it preſerveth them in good liking; This Water will be the better if it ſtand in the Sun all the Summer, and you muſt draw of the firſt water but a pint, and of the ſecond as farre as it will run, untill the whole gallon of Wine and Hearbs be all done out, but the laſt water is very ſmall, and not half ſo good as the firſt; if you doe draw above a pint of the beſt water, you muſt have of all things more, as is before ſaid.

To ſtanch the bleeding of a Wound.

Take a Hounds turd, and lay that on a hot coal, and binde it thereto, and that ſhall

ſhall ſtanch bleeding, or elſe bruiſe a long Worm, and make pouder of it, and caſt it on the wound, or take the ear of a Hare, and make pouder thereof, and caſt that on the wound, and that will ſtanch bleeding.

For ſpitting of Blood, after a Fall or Bruiſe.

Take Bittanie, Vervain, Noſebled, and five leaved graſſe, of each alike, and ſtamp them in a Morter, and wring out the juyce of them, and put to the juyce as much Goats milk, and let them ſeeth together, and let him that is hurt drinke of that liquor ſeven dayes together, till the waxing of the Moon, and let him drink alſo Oſmorie and Cumferie with ſtale Ale, and he ſhall be whole.

For to heal him that ſpitteth Blood.

Take the juyce of Bittanie and temper that with good Milk, and give the ſick to drink four dayes, and he ſhall be whole.

For

For to know whether he that hath the Flux ſhall live or die.

Take a pennie weight of Trefoyle ſeed, and give it him to drinke in Wine or water, and doe this three dayes, and if it ceaſe, he ſhall live, with the help of Medicine, if not, he ſhall die.

For to ſtanch the bleeding of a Vein.

Take Rue and ſeeth it in water, and after ſtamp it in a Morter, and lay it on the Vein, then take Lambs wooll that was never waſhed, and lay that thereon, and that ſhall ſtanch bleeding.

For a Vein that is evill ſmitten.

Take Beanes, and peel away the lacke, and ſeeth them well in Vinegar, and lay them on the Vein hot in manner of a Plaiſter.

For one that piſſeth Bloud.

Take and ſeeth Garlick in water, till the

the third part be waſted away, let him drinke of the water, and he ſhall be whole.

For a Woman travelling with child.

Take and give her Titany to drink in the morning, and ſhee ſhall be delivered without peril, or elſe give her Hyſop with water that is hot, and ſhee ſhall be delivered of the child although the child be dead and rotten, and anon when ſhee is delivered give her the ſame without Wine, or binde the hearb Argentine to her noſtrils, and ſhe ſhall be ſoon delivered, or elſe Polipodie and ſtamp it, and lay that on the womans foot in manner of a Plaiſter, and ſhe ſhall be delivered quick or dead, or elſe give her Savorie with hot water, and ſhee ſhall be delivered.

For one that hath ſurfeited, and cannot digeſt.

Take the bottome of a wheaten loafe, and toſt it at the fire, till that be very brown and hard, and then take a good quantity

quantity of *Aqua vitæ*, and put that upon the ſame ſo toſted, and put that in a ſingle linnen cloth, and lay that at the breaſt of the Patient all night, and with the help of God he ſhall recover, and he ſhall vomit or purge ſoon after.

A Water to comfort weake eyes, and to preſerve the ſight.

Take a gallon and a half of old wheat fair and clean picked from all manner of ſoil, and then ſtill it in an ordinary ſtill with a ſoft fire, and the water that comes of it muſt be put in a glaſſe, then take half a pound of white Sugar Candie, and bruiſe it in a morter to pouder, and after three dayes when the water hath been in a glaſſe, then put in the pouder Candie, then take an ounce of *Lapis Stewſie* prepared, and put it into the glaſſe to the reſt of the ſtuffe, then take an ounce of Camphire, and break it between your fingers ſmall, and put it into the glaſſe, then ſtop the glaſſe cloſe, and the longer it ſtands, the better it will be.

For tender Eyes, or for Children.

Take a little piece of white Sugar Candie, as much as a Cheſnut, and put it into three or four ſpoonfulls of White-wine to ſteep, then take it out again, and dry it, and when it is dry bruiſe it in a clean Morter that muſt taſte of no ſpice, then put it upon a piece of whitepaper, and ſo hold it to the fire that it may be through dry, and then ſearce it through a little ſieve.

For hot Eyes and red.

Take ſlugs, ſuch as when you touch them will turn like the pummel of ſwords, a dozen or ſixteen, ſhake them firſt in a clean cloth, and then in another, and not waſh them, then ſtamp them, and put three or four ſpoonfuls of Ale to them, and ſtrain it through a dry cloth, and give it the partie morning and evening, firſt and laſt.

For Cornes.

Take fair water half a pint, Mercurie

ſublimate, a penniworth, Allum as much as a Bean, boyle all theſe together in a glaſs Still, till a ſpoonfull be waſted, and alwaies warm it when you uſe it, this water is alſo good for any Itch, Tetter, Ringworm, or Wart.

A Searcloth for a Sore or Sprain, or any Swelling.

Take Vervain ſeven ounces, of *Siros* ſeven ounces, of Camphire three drachms, of oile of Roſes ten ounces, let the Wax and the Oyle boil till the Wax be melted, then put in your *Siros* finely beaten, ſtirring it upon the fire till it look brown; Then put in the Camphire finely beaten, and let it boil two or three walmes, and then dip in your cloths.

A Poulteſs for a Swelling.

Take a good handfull of Violet leaves, and as much Groundſel, half a handfull of Mallows, and half a handful of Chickweed, cut all theſe with a knife, and ſo ſeeth them well in conduit water, and and thicken it with Barlie meal, being finely

finely ſifted, and ſo roule it ſure, and lay it to the ſwelled place, and ſhift it twice a day.

To make a ſtrong Water good for a Canker, or any old Sore, or to eat any lump of fleſh that groweth.

Take of Celandine a handfull, of red Sage a handfull, and of Woodbind leaves a handfull, ſhred all theſe together very ſmall, and ſteep them in a quart of white Wine, and a pint of Water, letting it ſtand all night, and on the morrow ſtrain it, and put therein of Borex nine pennyworth, of Camphire nine pennyworth, and of Mercury four pennyworth, and ſet them on a ſoft fire, boyling ſoftly for the ſpace of an hour, and when you will uſe it warm a little of it, dip it in a cloth, and lay it to the Sore, or in any Cotten.

To heal any Bruiſe, Sore, or Swelling.

Take two pound of Wax, and two pound of Roſin, and two pound and a half of Butter, and four ſpoonfuls of Flower, and two good ſpoonfuls of Honey, put

in your Wax, Roſin, and your Butter altogether, boyle all theſe together and clarifie it, then put in two ounces of Carmerick, and when it hath thus boyled a quarter of an hour, put a little water in a diſh, and put it in, and let it ſtand till it be cold, and when you will uſe it, you may melt it on a ſoft fire, and put in your clothes and make Searcloth, and you may ſpred it plaiſterwiſe to heal any Wound.

A Medicine for any Wound old or new.

Take a pint of Sallade oyle, and four ounces of Bees Wax, and two ounces of Stone-pitch, and two ounces of Roſin, and two ounces of *Venice* Turpentine, and one pennyworth of Frankincenſe, and a handfull of Roſemary tops, and a handfull of Tutſon leaves, and a handfull of Plantain leaves; theſe Hearbs muſt be ſtamped, and the juyce of them put to the things aforeſaid, and let them boyle altogether about a quarter of an hour, or thereabouts, this being done, put it into an earthen pot, and when it is cold you may uſe it as you have occaſion, and keep

keep it two year a moſt excellent Medicine.

A Medicine for a Wen.

Take black Sope, and unquencht Lime, of each a like quantity, and beat them very ſmall together, and ſpread it on a wollen cloth, and lay it on the Wen, and it will conſume it away.

For breaking out of Childrens heads.

Take of white Wine, and ſweet Butter, a like, and boyle them together till it come to a Salve, and ſo annoint the head therewith.

For to mundifie, and gently to cleanſe Ulcers, and to break new fleſh.

Take Roſin eight ounces, *Colophonia* four ounces, *Era, & Olia, ana.* one pound, *Adipis ovini, Gum Amoniaci, Opoponaci, ana.* one ounce, fine *Eruginis raris*, boyl your Wax, *Colophony*, and Roſin, with the Oyle together, then ſtrain the Gums, being firſt diſſolved in Vinegar, and boyle it with a

gentle fire, then take it off, and put in your *Verdigreece*, and fine powder, and uſe it according to Art.

A Fomentation.

Take the liquour wherein Neats feet have been boyled, with Butter, and new Milk, and uſe it in manner of a Fomentation.

For the falling Sickneſſe, or Convulſions.

Take the dung of a Peacock, make it into powder, and give ſo much of it to the Patient as will lie upon a ſhilling, in Succory water faſting.

For a Tetter, proceeding of a ſalt humour, in the Breaſt and Paps.

Annoint the ſore place with Tanners Owſe.

For the bloudy Flux.

Take the bone of a Gammon of Bacon, and ſet it up an end in the middle of a Charcoal

Charcoal fire, and let it burn till it looks like Chalk, and that it will burn no longer, then powder it, and give the powder thereof unto the ſick.

A Plaiſter for all manner of Bruiſes.

Take one pound of mede Wax, and a quartern of Pitch, half a quartern of Galbanum, and one pound of Sheeps Tallow, ſhred them, and ſeeth them ſoftly, and put them to a little white Wine, or good Vinegar, and take of Frankincenſe, and Maſtick, of each half an ounce in powder, and put it to, and boyle them altogether, and ſtill them till it be well relented, and ſpread this ſalve upon a mighty Canvas that will over-ſpread the Sore, and lay it thereon hot till it be whole.

To make an Ointment, called Flos Unguentorum.

Take Roſin, *Perroſin*, and half a pound of Virgin Wax, Frankincenſe a quarter of a pound, of Maſtick half an ounce, of Sheeps Tallow a quarter of a pound, of Camphire two drachms, melt that that is to

melt, and powder that that is to powder, and boyl it over the fire, and ſtrain it through a cloth into a pottle of white Wine, and boyle it altogether, and then let it cool a little, and then put thereto a quartern of Turpentine, and ſtir all well together till it be cold, and keep it well: This Ointment is good for Sores old and new; it ſuffereth no corruption in the Wound, nor no evill fleſh to be gendered in it; and it is good for head-ach, and for all manner of Impoſthumes in the head, and for wind in the brain, and for Impoſthumes in the body, and for boyling eares and cheeks, and for ſauce-flegm in the face, and for Sinewes that be knit, or ſtiffe, or ſprung with travall; it doth draw out a Thorn, or Iron, in what place ſoever it be, and it is good for biting or ſtinging of venomous Beaſts; it rotteh and healeth all manner of Botches without, and it is good for a Feſter, and Canker, and *Noli me Tangere*, and it draweth out all manner of aking of the Liver, and of the Spleen, and of the Mervis, and it is good for aking and ſwelling of many Members, and for all Members, and it ceaſeth the Flux of Menſtrua, and of Emeroides,

roides, and it is a ſpeciall thing to make a fumed cloth to heal all manner of Sores, and it ſearcheth fartheſt inward of any Ointment.

An Ointment for all ſort of Aches.

Take Bettany, Cammomil, Celendine, Roſemary, and Rue, of each of them a handful, waſh the Hearbs and preſſe out the water, and then chop, or ſtamp them very ſmall, and then take freſh Butter unwaſhed and unſalted a quart, and ſeeth it untill half be waſted, and clarified, then ſcum it clean, and put in of oyle Olive one ounce, a piece of Virgins Wax for to harden the Ointment in the ſummer time, and if you make it in the Winter, put into your Ointment a little quantity of Footſenne inſtead of the Virgins Wax.

An excellent Syrupe to purge.

Take *Sena Alexandrina* one pound, Polipodium of the Oak four ounces, Sarſaparilla two ounces, Damask Prunes four ounces, Ginger ſeven drachms, Anniſeſeeds one ounce, Cumminſeeed half an ounce,

ounce, Carraway ſeeds half an ounce, Cinnomon ten drachms, *Ariſtolochia rotunda*, *Pœnia*, ofeach five drachms, Rubarb one ounce, Agarick ſix drachms, Tamarisk two handfulls, Boil all theſe in a gallon of fair water unto a pottle, and when the liquor is boyled half away, ſtrain it forth, and then put in your Rubarb and Agarick, in a clean thin handkercher, and tye it up cloſe, and put it into the ſaid liquor and then put in two pound of fine Sugar, and boil it to the height of a Sirrup, and take of it the quantity of ſix ſpoonfulls or more, or leſſe as you find it worketh in you.

To make drinke for all kind of Surfets.

Take a quart of *Aqua*, or ſmall *Aqua vitæ*, and put in that a good handfull of Couſlip flours, Sage flours a good handfull, and of Roſemary flours a handful, ſweet Majoram a little, Pellitorie of the wall, a little Bittanie and Balm of each a prettie handful, Cinnamon half an ounce, Nutmegs a quarter of an ounce, Fennelſeed, Anniſe ſeed, Colliander ſeed, Carraway ſeed, Gromel ſeed, Juniper berries, of

of each a drachm, bruiſe your ſpices and ſeeds, and put them into your *Aqua* or *Aqua vitæ*, with your hearbs together, and put to that three quarters of a pound of very fine Sugar, ſtir them together, and put them in a glaſſe, and let it ſtand nine dayes in the Sun, and let it be ſtirred every day, it is to be made in *May*, ſteeped in a wide mouth'd glaſſe, and ſtrained out into a narrow mouth'd glaſs.

A Medicine for the Reins of the Back.

Take Houſleek, and ſtamp, and ſtrain it, then dip a fine linnen cloth into it, and lay it to the reins of the back, and that will heal it.

A Medicine for the Ache in the Back.

Take Egrimonie, and Mugwort, both leaves and roots, and ſtamp it with old Bores greaſe, and temper it with Honey and Eyſell, and lay it to the back.

For a Stitch.

Take Roſes, and Cammomile, of each a hand-

a handfull, and oyle of Roſes, and oyle of Cammomile, of both together a ſaucer-full, and a quantity of Barlie flower, boil all theſe together in milk, and then take a linnen bag, and put it therein, and lay the plaiſter as hot as may be ſuffered where the ſtitch is.

To make a Salve for Wounds that be cankered, and doe Burn.

Take the Juyce of Smallage, of Morrel, of Waberd, of each alike, then take the white of Eggs, and mingle them together, and put thereto a little Wheat flower, and ſtir them together till it be thick, but let it come nigh no fire but all cold, let it be laid on raw to the ſore, and it ſhall cleanſe the wound.

A Medicine for Bone-ach.

Take Brooklime, and Smallage, and Daiſes, with freſh Sheeps tallow, and fry them together, and make thereof a Plaiſter, and lay it to the ſore, all hot.

For

For Sinews that are ſhrunk.

Take young Swallows out of the neſt, a dozen or ſixteen, and Roſemarie, Lavender, and rotten Strawberie leaves, ſtrings and all, of each a handfull, after the quantity of the Swallows, the feathers, guts and all, bray them in a morter, and fry all them together, with *May* Butter, not too much, then put it into an earthen pot, and ſtop it cloſe nine dayes, then fry it again with *May* Butter, and fry it well, and ſtrain it well, when you ſhall uſe it chafe it againſt the fire.

A Water for the biting of a mad Dog.

Take Scabios, Matfiline, Yarrough, Nightſhade, wild Sage, the leaves of white Lillies, of each a like quantity, and ſtill them in a common ſtill, and give the quantity of three or four ſpoonfulls of the Water mingled with half a ſpoonfull of Triacle, to any man or beaſt that is bitten, within three dayes after the biting, and for lack of the water, take the juyce of theſe Hearbs mingled with Triacle,

it

it will keep the ſore from rankling ; take Dittanie, Egrimonie, and ruſtie Bacon, and beat them fine together, and lay it unto the wound, and it will keep it from rankling.

GUILDHALL LIBRARY

To kill a Fellon.

Take red Sage, white Sope and bruiſe them, and lay it to the Fellon, and that will kill it,

To breake a Felon.

Take the grounds of Ale, and as much Vinegar, the crumbs of leavened bread, and a little Honey and boil them altogether till they be thick, and lay that hot to the joynt where the Felon is, and that will heal it.

Doctor Stevens *Soveraign Water.*

Take a gallon of good Gaſcoign wine, then take Ginger, Galingal, Cancel, Nutmegs, grains, Gloves, Anniſe ſeeds, Carraway ſeeds, of each a drachm, then take Sage, Mints, red Roſes, Thyme, Pellitorie, Roſemary,

Roſemary, wild Thyme, Cammomile, Lavender, of each one handfull; then bray both the Spices and the hearbs, and put them all into the Wine, and let them ſtand for twelve hours, divers times ſtirring them, then ſtill that in a Limbeck, but keep that which you ſtill firſt by it ſelf, for that is the beſt, but the other is good alſo, but not ſo good as the firſt.

The Vertues of this Water are theſe, It comforteth the ſpirits Vitall, and helpeth the inward diſeaſes which come of cold, and the ſhaking of the Palſie, that dureth the contraction of ſinnews, and helpeth the conception of women that be barren, it killeth worms in the body, it cureth the cold cough, it helpeth the toothach, it comforteth the ſtomack, it cureth the cold Dropſie, it helpeth the ſtone, it cureth ſhortly the ſtinking breath, and who ſo uſeth this water enough, but not too much, it preſerveth him in good liking making him young.

Doctor Willoughbies *Water.*

Take Galingal, Cloves, Cubebs, Ginger, Melilot, Cardamome, Mace, Nutmegs,

of

of each a drachm, and of the juyce of Celendine half a pint, and mingle all theſe made in pouder with the ſaid juyce, and with a pint of good *Aqua vitæ*, and three pints of good white Wine, and put all theſe together in a ſtill of glaſſe, and let it ſtand ſo all night, and on the morrow ſtill it with an eaſie fire as may be.

The Vertue is of ſecret nature, it diſſolveth the ſwelling of the Lungs without any grievance, and the ſame Lungs being wounded, or periſhed, it helpeth and comforteth, and it ſuffereth not the bloud to putrifie, he ſhall never need to be let bloud that uſeth this Water, and it ſuffereth not the heart to be burnt, nor melancholly or flegm to have dominion above Nature, it alſo expelleth the Rheum, and purifieth the ſtomack, it preſerveth the viſage, and the memorie, and deſtroyeth the Palſie, and if this water be given to a man or woman labouring toward death, one ſpoonfull relieveth: in the Summer time, uſe once a week faſting the quantity of one ſpoonful, and in Winter two ſpoonfuls.

A Medicine for them that have a pain after their child bed.

Take Tar and freſh Barrows greaſe, and boil it together, then take Pigeons dung, and fry it in freſh greaſe, and put it in a bag.

For the drinke, Take a pint of Malmſey and boil it, and put Bay berries in it, and Sugar, the Bay berries muſt be of the whiteſt, and put therein ſome Sanders.

Take ſome fair water, and ſet it over the fire, and put ſome ground Malt in it, when they uſe theſe things they muſt keep their bed.

For Running of the Reins.

Take *Venice* Turpentine rolled in Sugar and Roſewater, ſwallow it in prettie rouls, and put a peece of Scarlet warm to your back.

For Codds that be ſwollen.

Stamp Rue, and lay thereto.

To draw an Arrow head, or other Iron out of a Wound.

Take the juyce of *Valerian*, in the which you ſhall wet a Tent, and put it into the wound, and lay the ſame Hearb ſtamped upon it, then your band or binding as appertaineth, and by this meanes you ſhall draw out the Iron, and after heal the wound as it requireth.

A Plaiſter for a green Wound.

Take Flower and Milk, and ſeeth them together till it be thick, then take the white of an Egg, and beat them together, and lay it to the Wound, and that will keep it from rankling.

For a Laske.

Take an Egg, and *Aqua vitæ*, and boil it with the Egg till it be dry; then take Cinnamon and Sugar, and eat it with the Egg.

For him that hath a bunch or knot in his head, or that hath his head ſwollen with a fall.

Take one ounce of Bay Salt, raw Honey three ounces, Turpentine two ounces, intermingle all this well upon the fire, then lay it abroad upon a linnen cloth, and thereof make a plaiſter, the which you ſhall lay hot to his head, and it will altogether aſſwage the ſwelling, and heal it perfectly.

Againſt the biting of any venomous Beaſt.

As ſoon as the perſon feeleth himſelf bit with any venomous beaſt, or at leaſt, as ſoon as is poſſible, let him take green leaves of a Fig-tree, and preſſe the milk of them three or four times into the Wound: and for this alſo ſerveth Muſtard-ſeed mingled with Vinegar.

A perfect Remedy for him that is ſore wounded with any Sword or Staffe.

Take *Taxus barbatus* and ſtamp it, and take the juyce of it, and if the Wound bleed, wipe it and make it clean, waſhing it with white Wine or water, then lay the ſaid juyce upon the Wound, and the hearb, whereof you take the juyce, upon it, then make your band, and let it abide on a whole day, and you ſhall ſee a wonderful effect.

A Bag to ſmell unto for Melancholly, or to cauſe one to ſleep.

Take dry Roſe leaves, keep them cloſe in a glaſſe which will keep them ſweet, then take powder of Mints, powder of Cloves in a groſſe powder, and put the ſame to the Roſe leaves, then put all theſe together in a bag, and take that to bed with you, and it will cauſe you to ſleep, and it is good to ſmell unto at other times.

For ſpitting of Bloud.

Take the juyce of Bettony tempered with Goates Milk, and drink thereof three or four mornings together.

An Ointment for all Sores, Cuts, Swellings and Heat.

Take a good quantity of Smallage, and Mallowes, and put thereto two pound of Bores greaſe, one pound of Butter, and oyle of Neats foot a quantity, ſtamp them well together, then fry them, and ſtrain them into an earthen pot, and keep it for your uſe.

A Salve for a new Hurt.

Take the whiteſt Virgins Wax you can get, and melt it in a pan, then put in a quantity of Butter, and Honey, and ſeeth them together, then ſtrain them into a diſh of fair water, and work it in your hands, and make it in a round ball, and ſo keep it, and when you will uſe it, work ſome of it between your hands, and ſtrike

it upon a cloth, and lay it upon the Sore, and it will draw it and heal it.

Againſt the biting of a mad Dog, and the rage or madneſſe that followeth a man after he is bitten.

Take the Bloſſomes or Floures of wild Thiſtles dryed in the ſhade, and beaten to powder, give him to drink of that powder in white Wine half a Walnut ſhell full, and in thrice taking it, he ſhall be healed.

Againſt the greif in the Lungs, and ſpitting of Bloud.

Take the Hearb, called of the Apothecary *Ungula Caballina*, in Engliſh Colts-foot, incorporate it well with the Lard of a Hog chopped, and a new laid Egg, boyle it together in a pan, and give it the Patient to eat, doing this nine mornings, you ſhall ſee a marvellous thing, this is alſo good to make a man fat.

Againſt

Againſt ſpitting of Bloud by reaſon of ſome vein broken in the Breaſt.

Take Miſe-dung beaten into powder as much as will lye upon a groat, and put it in half a glaſſe-ful of the juyce of Plantain with a little Sugar, and ſo give the Patient to drink thereof in the morning before breakfaſt, and at night before he goe to bed, continuing the ſame, it will make him whole and ſound.

For to cleanſe the Head.

Take Pellitory of *Spain*, and chew the roots three dayes a good quantity, and it will purge the head, and doe away the ach, and Faſten the teeth in the gummes.

A good Remedy againſt the Pluriſie.

Open a white Loaf in the middle new baked, and ſpread it well with Triacle on both the halfes on the crown ſide, and heat it at the fire, then lay one of the halfes on the place of the diſeaſe, and the other

half on the other ſide of the body directly againſt it, and ſo bind them, that they looſe not nor ſtirre, leaving them ſo a day and a night, or untill the Impoſthume break, which I have ſometimes ſeen in two houres or leſſe, than take away the bread, and immediately the Patient will begin to ſpit and void the putrefaction of the Impoſthume, and after he hath ſlept a little, yee ſhall give him meat, and with the help of God he ſhall ſhortly heal.

For a Pin or Web in the Eye.

Take two or three Lice out of ones head, and put them alive into the eye that is greived, and ſo cloſe it up, and moſt aſſuredly the Lice will ſuck out the Web in the eye, and will cure it, and come forth without any hurt.

A Remedy to be uſed in a Fit of the Stone, when the water ſtops.

Take the freſh ſhels of Snails, the neweſt will look of a reddiſh colour, and are beſt, take out the Snails, and dry the ſhels with

with a moderate heat in an oven after the bread is drawn; likewiſe take Bees and dry them ſo, and beat them ſeverally into powder, then take twice ſo much of the Bees powder as the Snails, and mix them well together, keep it cloſe covered in a glaſſe, and when you uſe it, take as much of this powder as will lye upon a ſixpence, and put it into a quarter of a pint of the ſtilled water of Bean floures, and drink it faſting, or upon an empty ſtomack, and eat nor drink nothing for two or three houres after.

This is good to cauſe the party to make urine, and bring away the gravell or ſtone that cauſeth the ſtopping, and hath done very much good.

A Syrupe for the pain in the ſtomack.

Take two good handfuls of young Rue, boyle it in a quart of good white Wine Vinegar till it be half conſumed, ſo ſoon as it is thorough cold ſtrain it, and put to every pint of the liquor a pound and a quarter of loaf-Sugar, and boyle it till it come to a Syrupe, when you uſe it, take a good ſpoonfull of this in the morning

ing

ing fasting, and eat nor drink nothing for two or three houres after, it is good for pain in the stomack that proceeds of windy vapours, and is excellent good for the Lungs, and obstructions of the breast.

Receipts for Bruises, approved by the Lady of Arundell.

Take black Jet, beat it to powder, and let the Patient drink it every morning in beer till he be well.

Another for the same.

Take the sprigs of Oak trees, and put them in paper, roast them, and break them, and drink as much of the powder as will lye upon a sixpence every morning, untill the Patient be well.

To cause ease Labour.

Take ten or twelve dayes before her looking six ounces of brown Sugar-candy beaten to powder, a quarter of a pound of Raisins of the Sun stoned, two ounces of

of Dates unſtoned ſliced, half an ounce of Anniſe-ſeeds bruiſed, a quarter of an ounce of Cowſlip Floures, one drachm of Roſemary floures, put theſe in a fine lawn bag with a flint-ſtone, that it may ſink into a pottle of white Wine, let it ſteep four and twenty houres, and after take of it, in the morning, and at four in the afternoon, and in the evening, the quantity of a wine glaſſe full.

A Cordiall for the Sea.

Take one ounce of Syrupe of Clove-Gilliflowres, one drachm of *Confectio alebernis*, one ounce and a half of Borrage water, and the like of Mint water, one ounce of Mr. *Mountfords* water, and as much of Cinnamon water, temper all theſe together in a Cordiall, and take a ſpoonfull at a time when you are at Sea.

A Plaiſter to ſtrengthen the Back.

Take eight yolks of Eggs new laid, one ounce of Frankincenſe beaten into fine powder, mingle them well together, put in as much Barly flower as will make it

it thick for a plaiſter, ſpread it on leather, lay it to the ſmall of the back, letting it lye nine houres, uſe four plaiſters one after another, you muſt ſlit the plaiſter in the midſt, ſo as it may not lye on the back bone.

A preſent Remedy for a woman with child, that hath taken harm by fall, or fright, or any miſchance.

To ſtay the Child and ſtrengthen it, take one ounce of Pickerell jawes, fine beaten and ſearſed, of Dates ſtones, and *Bole armoniack*, of each one ounce, of *Sanguis draconis* half an ounce, give of theſe, being well ſearſed and mingled together, a French Crown weight in Muskadine or Malmſey, and let the woman keep her very warm.

For a weak Back.

Take of red Lead half a pound, of white Lead half a pound, boil theſe in three pints of Sallet oyle in a Pipkin, ſtirring them continually with a peece of Iron, untill it be of a gray colour, then roul

roul it up in rouls and keep it for your uſe.

Oyle of Saint Johns Wort.

Take a quart of Sallet oyle, put thereto a quart of flour of S. *Johns wort* well picked, let them lye therein all the year till the ſeeds be ripe, the glaſſe muſt be kept warm, either in the Sun, or in water all the Summer untill the ſeeds be ripe; then put in a quart of S. *Johns Wort* ſeeds whole, and ſo let it ſtand twelve hours, then you muſt ſeeth the oyle eight hours, the glaſſe being kept open, and the water in the pot full as high as the oyle is of height in the glaſſe, then when it is cold ſtrain it, that the ſeeds may remain, not in the oyle, and then put up the oyle for your uſe.

A green Salve for an old Sore.

Take a handfull of Groundſell, as much Houſleek, of Marigold leaves a handfull, pick and wipe theſe Hearbs clean, but waſh them not, then beat all theſe Hearbs in a wooden boul, as ſmall as is poſſible, then ſtrain

ſtrein out all the juyce, and put in a quantity of Hogs greaſe, as much as two eggs, beat all theſe together again, and then put in the juyce again, and put in 10 Eggs, yolks and whites, and five ſpoonfuls of Engliſh honey, and as much wheat flower, as will make all this as thick as a ſalve, and ſo ſtir it very well together, and put it cloſe up in a pot, that it take no ayre, and ſo keep it for your uſe.

A moſt Excellent pouder for the Collick and Stone.

You muſt take it morning and evening before you goe to bed, *Sperma ceti* one ounce and half, Cloves and Mace one quarter of an ounce, Anniſe ſeeds and *Perſtone* of each two ounces, Cinnamon and ſmall Pepper, of each one quarter of an ounce, Date ſtones a quarter of an ounce, Liquorice, Fennel, Red Sage, Bay berries, of each three quarters of an ounce, Acornes one quarter and half of an ounce, Lillie roots two drachms, the white of Oyſter ſhels burned in the fire one quarter of an ounce; beat all theſe into fine pouder, and drinke as much thereof in Ale

Ale or Beer, as will lye on a ſixpence, and faſt one hour or two after it: If the partie be ſore grieved, take one handfull of Parſely, and ſeeth it in Ale untill half be ſod away, with twentie or thirtie Prunes therein ſtreined, and put thereto two ſpoonfulls of this pouder, and drinke it mornings and evenings ſomewhat warm.

A preſent Remedie for the Running of the Reins.

Take an ounce of Nutmegs, half an ounce of Maſtick, then ſlice the Nutmegs, and put them in ſteep in Roſe Vinegar all one night, then lay them in a diſh to dry before the fire, then take the Maſtick and lay it in Papers, and beat it with a hammer very ſmall, and put a little Corral well beaten unto it, and as much Ambergreece, then mingle theſe things together with Sugar, and make it pleaſant to eat, and ſo take a good quantity morning and evening.

A Salve for a green Wound.

Take two handfuls of Water Dittanie,

two

two handfuls of Roſemary ſhred very ſmall, a quarter of a pint of Turpentine, half a pound of yellow Wax, a quart of Sallet oyle, half a pint of white Wine, boil all theſe together, while the white Wine be quite conſumed, then it will bee green, and come to the height of a Salve.

A proved Medicine for a burning or ſcalding by lightning or otherwiſe.

Take Hogs greaſe, or Sheeps Treacles, and Alehooſe, beat theſe very well together, then take more Hogs greaſe, and boil it to a Salve.

To uſe it.

Annoint the place grieved with this ointment, and then lay upon the ſore ſo annointed Colewort leaves, which muſt be boyled very ſoft in water, and the ſtrings made ſmooth, with beating them with a Peſtel.

A Pouder for the green Sickneſſe, approved with very good ſucceſs upon many.

Take of Cloves, Mace, Nutmegs, of each one quarter of an ounce, beat them ſeverally

ſeverally, and then altogether very well, fine Sugar very ſmall beaten one quarter of a pound, and then mix and beat them all four together, Pearl the ſixt part of half an ounce very finely beaten, mingle it with the reſt, and beat them altogether again, the filing of Steel or Iron one ounce and a quarter, ſift it very fine, and mingle it with the reſt, but if ſo ſmall a quantity will not ſerve, adde a quarter more of the mettall, let it be ſifted before you weigh it, but if all this will not ſerve the turn, put in a little Rubarb, or a little *Alexakatrina*.

The manner of uſing this pouder.

In the morning when you riſe take half a ſpoonful of it, take as much at four a clock in the afternoon, and as much when you go to bed, walk or ſtir much after the firſt takings of it, I mean every morning and evening, faſt one hour after the taking of it, or more, and then eat ſome Sugar ſops or thin broath.

The Patients Diet.

She muſt forbear Oatmeal in broth or any other thing, Cheeſe, Eggs, Cuſtards,

or any ſtopping meat. Take care that this be not given to any woman that hath conceived, or is with child.

A Drink to ſtanch bloud inwardly.

Take the juyce of one handfull of Shepherds purſe, of Parſley, and Five-finger, of each as much, take five ſlips of Egrimony, ſtrain all theſe juyces into the milk of a red Cow, and drinke thereof early and late warm.

A Pouder to keep the Teeth clean, and from Worm-eaten.

Take Roſemary burned to aſhes, Cuttles Bone, Harts-horn burned to pouder, *Sal gemmæ* twelve pennie weight, the floures of Pomegranets, White Coral, of each ſix pennie weight, make all theſe in pouder, and with a little Roſewater and a Sage leaf rub the Teeth.

A Salve to heal all manner of Sores and Cuts.

Take one pint of Turpentine, one pint of

of Oyle olive, a quarter of a pint of running water, nine branches of Roſemary, one ounce of unwrought Wax, two ounces of Roſet, ſeeth all theſe together in a little pan over the fire, let it ſeeth untill there ariſe a little white ſcum upon it, then ſtir it with a ſtick, ſuffering it to boil untill one quarter be conſumed, then take it from the fire, ſtrain it through a courſe cloth, but it muſt be done quickly after it be taken from the fire for cooling, after you have ſtrained it into an earthen pot, let it cool, and keep it for your uſe.

To make Oyle of Sage good for the griefe in any joynt, or for any ach.

Take Sage and Parſley, ſeeth them in oyle Olive, till it be thick and green.

A Medicine to purge and amend the Heart, Stomack, Spleen, Liver, Lungs, and Brain.

Take Alexander, Water-creſſes, young Mallows, Borage, and Fennel roots pared, Mercurie, Harts tongue, and Cla-

rie, and make of theſe Pottage.

To driue infectious Diſeaſes from the Heart.

Take of Mithridate, and Centurie, of o each two ounces, eight ſpoonfuls of Dragon water, one pint of White wine, ſeven ſpoonfuls of *Aqua vitæ*, boil altogether a little, ſtrain it, then ſet it on the fire again a little while, and drinke of it morning and evening.

For the Tooth-ach.

Take Pepper, and Grains, of each one ounce, bruiſe them, and compound them with the water of the diſeaſed, and make it of a good thickneſſe, and lay it outwards on the cheek, againſt the place grieved, and it will help it for ever after.

Another.

Take dryed Sage, make pouder of it, burnt Allum, Bay Salt dryed, make all in fine pouder, and lay it to the tooth where the pain is, and alſo rub the gums with it.

For

For the Strangullion or the Stone.

Take the inner rind of a young aſh, between two or three yeares of growth, dry it to pouder, and drinke of it as much at once, as will lye on a ſixpence in Ale or White wine, and it will bring preſent remedie: The partie muſt be kept warm two hours after it.

For the Stone.

Take the ſtone that groweth within the gall of an Oxe, grate it, and drink of it in White wine, as much as will lye upon a ſixpence at once, for want of white wine make a poſſet of Ale, and clarifie the Ale from the curd, then boil one handful of Pellitorie therein, and drinke of the pouder with it.

For the Black Jaundies.

Take earthen Wormes, waſh them in white Wine, then dry them, and beat them into pouder, and put to a little Saffron, and drinke it in beer.

A drawing Salve for an old Sore.

Take Roſin half a pound beaten to pouder, Sheeps tallow, one quarter of a pound, melt them together, and pour them into a Baſon of water, and when they begin to cool a little, work them well with your hands in the water, and out of the water, drawing of it up and down the ſpace of one hour till it be very white, then make it up in rouls, and reſerve it to ſtrike thin Plaiſters upon old Sores.

A Water to waſh Sores withall.

Take Wormwood, Sage, Plantain leaves, of each one handful, Allum two ounces, Honie two ſawcers full, boil all theſe together in three pints of water, till half be ſod away, then ſtrain it, and reſerve that liquor to waſh the ſore withall.

A Medicine to cure the Garget in the Throat.

Take a pint of *May* butter, and put it on the fire in a poſtnet, and put into it of the

the inner bark of Elder one good handful, and ſome Daiſie roots, ſeeth it to half the quantity, and ſtrain it, and ſo keep it cool, take this Ointment, and annoint your throat, then take the ointment, and ſtrike a long plaiſter with it very thick of the Ointment, then ſtrike upon the Ointment the beſt Jane Triacle, and upon that ſtrew groſſe Pepper very thick, ſtrike it on with a knife, warm the plaiſter, and bind it round your throat to your eares, renew it once a day with the Ointment, and the Triacle and Pepper, and lay it on again; Before you uſe this Ointment, ſcour the mouth and throat with the pouder of Roch Allom burned, mix it with the pouder of Madder or Pepper.

For the Hearing.

Take one Onyon, take the core out of it, fill it with Pepper, ſlice it in the midſt, being firſt wrapt in Paper, and roſted in the Embers, lay it to each ear.

For a dead Child in a Womans Bodie.

Take the juyce of Hyſop, temper it in

warm water, and give it to the Woman to drink.

For a Woman that hath her Flowers too much.

Take a Hares foot, and burn it, make pouder of it, and let her drinke it with ſtale Ale.

A Medicine for the Gout.

Take Tetberrie roots, and waſh and ſcrape them clean, and ſlice them thin, then take the greaſe of a Barrow hog, the quantity of either alike, then take an earthen pot, then lay a lane of greaſe in the bottome, then a lane of Roots, then the greaſe again, and ſo Roots and greaſe till the pot be full, then ſtop the pot very cloſe, and ſet it in a dunghil one and twentie dayes, then beat it altogether in a boul, then boil it a good while, then ſtrain it, and put in a penniworth of *Aqua vitæ*, then annoint the place grieved, very warm againſt the fire.

A Diet drinke for the running Gout, ach in the joynts, and for all infections.

Set ſeven quarts of Water on the fire, and when it boileth, put therein four ounces of *Sarſaparilla* bruiſed, and let it boil two hours very ſoftly, cloſe ſtopped, or covered, then put in four ounces of Sene, three ounces of Liquorice bruiſed, of *Stecados*, *Hermodactill*, *Epithymum*, and of Cammomile flours, of every one half an ounce, and ſo boil all theſe two houres very ſoftly, then ſtrain it, and keep it in a cloſe veſſel cloſe ſtopped: when it is cold, then boil again all the aforeſaid Ingredients in ſeven quarts of Water, four hours with a ſoft fire cloſe covered, then ſtrain it, and keep it as the other by it ſelf, and take of the firſt a good draught one hour before you ariſe in the morning, and a draught at the beginning of dinner, and another at ſupper, and going to bed, and and at all other times, drinke of the latter when you liſt, and eat no meat but dry roſted Mutton, Capon, Rabbet, without Salt, and not baſted, but to your Breakfaſt, a poched Egg, no bread but Bisket, or dried

dried cruſt, and at night Raiſins of the Sun, and bisket Bread, drink no other drinke but this.

A Plaiſter to heal any Sore.

Take of Sage, Herb-grace, of each a like quantitie, Ribwort, Plantain, and Daſie roots, more then half ſo much of each of them as of the other, with Wax, freſh greaſe, and Roſin, make it a ſalve, if the fleſh grow proud, then put alwaies upon the plaiſter, before you lay it to the ſore, burnt Allum, and it will correct the fleſh.

To cauſe a woman to have her Sickneſs.

Take Egrimonie, Motherwort, Avens, and Parſley, ſhred them ſmall with Oatmeal, make Pottage of them with Pork, let her eat the Pottage, but not the Pork.

For the Stone.

Take the green Weed of the Sea, which is brought with Oyſters, waſh it, and dry it to pouder, drinke it with Malmſey faſting.

To kill Worms.

Take *Alexakatrina* two ounces, let it ſtand in a quart of Malmſie eight houres, drink of it morning and evening.

For a hot Rheum in the Head.

Take Roſewater, Vinegar, and Sallet Oyle, mix them well together, and lay it to the head warm.

For a Lask.

Take the nether jaw of a Pike, ſeeth it to pouder and drinke it.

For an Itch or dry ſcurf of the Body.

Take Elecampane roots or leaves, ſtamp them and fry them with freſh greaſe, ſtrain it into a diſh, and annoint the Patient.

For one that is bruiſed with a Fall.

Take Horſe dung, and Sheeps ſuet, boil them

them together, and apply it to the ſame place, being laid upon a cloth.

For the Emeroids.

Take Hops and Vinegar, fry them together, and put it into a little bag, and lay it as hot as it may be endured to the Fundament, divers bags one after another, and let one continue at it.

For one that is burned with Gunpowder, or otherwiſe.

Take one handfull of Groundſel, twelve heads of Houſleek, one pint of Gooſe-dung, as much Chickens dung, of the neweſt that may be gotten, ſtamp the Hearbs as ſmall as you can, then put the dung into a morter, temper them together with a pottle of Bores greaſe, labour them together half an hour, and ſtrain it through a Canvas bag with a cleft ſtick into an earthen pan, and uſe it when need requireth, it will laſt two year.

To heal a Prick with a Nail or a Thorn.

Take two handfuls of Salendine, as much Orpen, cut it ſmall, and boyl it with oyle Olive, and unwrought Wax, then ſtrain it and uſe it.

To ſtop the Bleeding of a Cut or Wound.

Take Hop, ſtamp it, and put it into the wound, if hop will not doe it, then put to it Vinegar with the Hop.

For a Scald.

Take the leaves of ground Ivie, three handfuls, Houſleek one handful, waſh them, and ſtamp them in a ſtone mortar very ſmall, and as you ſtamp them, put in one pint of Cream by little and little. then ſtrain it, and put it in a pot with a feather, take of this and annoint the ſcalded place, and then wet a linnen cloth in the ſame Ointment, and lay it on the place, and over that roul other cloathes.

An Ointment for a Tetter.

Take *Sal armoniack* one ounce, beat it into fine powder, then mix it with Sope, and fresh Grease, of each two ounces, make an Ointment, and annoint the place.

For the singing in the Head.

Take one Onyon, cut out the core, and fill that place with the pouder of Cummin, and the juyce of Rue, set on the top again, and roast the Onyon in embers, then put away the out-side, and put in a cloth, wring out the Juyce, take black Woll and dip it in, put this in thine eare where the singing is, and if it be on both sides, then serve one after another.

A Drink for one that is weak, and misdoubting a Consumption.

Take three handfuls of Rosemary, bruise it a little, and close it in paste, bake it in an Oven untill it be well dryed, then cut the paste, and take forth the Rosemary, infuse

infuse it in two quarts of Claret Wine, with two ounces of good Triacle, one ounce of Nutmegs, of Cinnamon, and Ginger, of each half an ounce bruised, let them stand infused two nights and one day, then distill it in a Limbeck, drink hereof one spoonfull or two next your heart.

A Drink for the Plague.

Take red Sage, Hearb-grace, Elder leaves, red Briar leaves, of each one handful, stamp them and strain them with a quart of white Wine, and then put to it *Aqua vitæ* and Ginger, drink hereof every morning one spoonfull nine mornings together, and it will preserve you.

For a Bruise or Stitch.

Take the kernels of Walnuts and small-nuts, Figs, Rue, of each one handfull, white Salt the quantity of one Walnut, one race of Ginger, one spoonfull of Honey, beat them altogether very fine, and eat of it three or four times every day, make a plaister of it, and lay it to the place grieved.

A Drink for one that hath a Rupture.

Take Comfery one good handfull, wild Daiſie roots as much, and the like of knotted Graſſe, ſtamp all theſe together, and ſtrain it with Malmſey, and give it to the Patient to drink morning and evening nine dayes bloud-warm: If it be a man that hath been long ſo, he muſt lye nine dayes upon his back, and ſtir as little as he can: If he be a child, he muſt be kept ſo much lying as you may for nine dayes; if you think the drink too ſtrong for the child, give it him but five dayes in Malmſey, and the reſt in ſtale Ale; have care that the party have a good Truſſe, and keep him truſſed one whole year at the leaſt.

A Plaiſter for a Rupture.

Take the juyce of Comfery, wild Daiſie roots, and knotted Graſſe, of each a like quantity, freſh Butter, and unwrought Wax, of each a like quantity, clarifie them ſeverally, then take of the root of Comfery, dry it, and make pouder of it; take the pouder,

pouder of Anniſeſeed, and Cumminſeed, but twice as much Cumminſeed as Anniſeſeed, boyle theſe pouders in the Butter and unwrought Wax upon a ſoft fire a good while together, then put in your juyce, and let it boyle one walm or two, then take it from the fire, and ſtir it altogether till it be cold, take hereof, and ſpread it, and lay it to his Codds as hot as he can ſuffer it, and uſe this till he be whole: this plaiſter is moſt excellent for a Child that is burſt at the Navill.

Gratioſa Cura.

A Water for a Cut or a Sore.

Take Honeyſuckles the knots nipt off, floures of Celendine, floures of red Sage, of each three ſpoonfuls, Five-finger, Camphery ſuch as is to knit bones, Daiſies with the roots thereon, Ladder of Heaven, bloſſomes of Roſemary, Setwell, Hearbgrace, Smalledge, red Roſes with the knots on, or elſe red Roſecakes, Adder-tongue, of each of theſe one handfull, ſeeth all together in ſix gallons of water that runneth towards the Eaſt, untill two gallons be ſod in, then ſtrain them, and

put to the water three quarts of *English* Honey, one pound of Roch Allum, one pennyworth of Madder, one pennyworth of long Pepper, ſeeth all together untill one gallon be conſumed, then cleanſe the water.

For the Wind Collick.

Take the floures of Walnuts, and dry them to pouder, and take of them in your Ale, or Beer, or in your Broth, as you like beſt, and it will help you.

To make a ſoveraign Oyle of a Fox, for the numme Palſie.

Take a Fox new killed, caſed, and bowelled, then put into the body, of Dill, Mugwort, Cammomil, Campits, Southernwood, red Sage, Origanum, Hop,, *Stœcad*, Roſemary, Coſtmary, Cowſlip floures, Balm, Bettony, ſweet-Majoram, of each a good handfull, chop them ſmall, and put thereto of the beſt Oyle of Caſtor, Dill, and Cammomill, of each four ounces, mix the Hearbs and Oyles together, and ſtrew over them *Aphronitum* a good handfull,

put

put them all into the Fox, and ſow up his belly cloſe, and with a quick fire roaſt him, and the Oyle that droppeth out is a moſt ſingular Oyle for all Palſies or numneſſe. Approved.

To comfort the Brain, and procure ſleep.

Take brown bread crums the quantity of one Walnut, one Nutmeg beaten to pouder, one drachm of Cinnamon, put theſe into a Napkin, with two ſpoonfuls of Vinegar, four ſpoonfuls of Roſewater, and one of womans milk.

For the weakneſſe in the Back.

Take the Pith of an Oxe back, put it into a pottle of water, then ſeeth it to a quart, then take a handful of Comphelly, one handful of knotted Graſſe, one handful of Shepherdſpurſe, put theſe into a quart of water, boyle them unto a pint, with ſix Dates boyled therein.

For a Canker in any part of the Body.

Take Filberd Nut leaves, Lavender-

cotton, Southernwood, Wormwood, Sage, Woodbine leaves, ſweet-Bryar leaves, of each a like quantity, of Allum, and Honey, a good quantity, ſeeth all theſe till they be half ſodden, waſh the ſore with it.

For an old Bruiſe.

Take one ſpoonful of the juyce of Tanſie, and as much Nip, two pennyworth of *Sperma Ceti*, put it into a little Ale, and drink it.

Oyle of Foxes, or Badgers, for Ach in the Joynts, the Sciatica, diſeaſes of the Sinews, and paines of the Reines and Back.

Take a live Fox, or Badger, of a middle age, of a full body, well fed, and fat, kill him, bowell him, and skin him, ſome take not out his bowels, but onely his excrements in his guts, becauſe his guts have much greaſe about them, break his bones ſmall that you may have all the marrow, this done, ſet him a boyling in ſalt Brine, and Sea water, and ſalt water, of each a pint and a half, of Oyle three pints, of Salt

ſalt three ounces, in the end of the decoction put thereto the leaves of Sage, Roſemary, Dill, Origany, Majoram, and Juniper Berries, and when he is ſo ſodden as that his bones and fleſh do part in ſunder, ſtrain all through a ſtrainer, and keep it in a veſſel to make Linaments for the ach in the joynts, the Sciatica, diſeaſes of the Sinnews, and pains of the reins and back.

To make the Leaden Plaiſter.

Take two pound and four ounces of oyle Olive of the beſt, of good red Lead one pound, white Lead one pound very well beaten into duſt, twelve ounces of Spaniſh Sope, and incorporate all theſe well together in an earthen pot well glaſed before you put them to boil, and when they are well incorporated that the Sope cometh upward, put it upon a ſmall fire of coals, continuing the fire for the ſpace of one hour and a half, ſtill ſtirring it with an Iron Ball upon the end of a ſtick, then make the fire ſomewhat bigger, until the redneſs be turned into a gray colour, but you muſt not leave ſtirring it

till the matter be turned into the colour of oyle, or ſomewhat darker, then drop of it upon a wooden trencher, and if it cleave not to the finger it is enough, then make it up into rouls, it will keep 20 yeares, the older the better.

The Virtue of the Plaiſter.

The ſame being laid upon the ſtomack provoketh appetite, it taketh away any grief in the ſtomack, being laid on the Belly is a preſent remedie for the Collick, and laid unto the reins of the Back, it is good for the bloudie Flux, the running of the Reins, the heat of the Kidnies, and weakneſſe of the back, the ſame healeth all ſwellings, bruiſes, and taketh away ach, it breaks Felons, puſhes, and other Impoſthumes, and healeth them, the ſame draweth out any running humour without breaking the skin, and being applied to the fundament, it healeth any diſeaſe there growing, being laid on the head is good for the Vvula, it helpeth the headake, and is good for the eyes.

For a pricking of a Thorn.

Take fine Wheat flower boulted, temper it with Wine, and seeth it thick, lay it hot to the sore.

A Medicine for the Plague.

Take a pint of Malmsie, and burn it well, then take about six spoonfuls thereof, and put to the quantity of a Nutmeg, of good Triacle, and so much spice grains beaten, as you can take up with the tops of your two fingers, mix it together and let the partie sick drink it bloud-warm, if he be infected it will procure him to cast, which if he doe, give him as much more, and so still again and again, observing still some quantity, till the partie leave casting, and so after he will be well, if he cast not at all, once taking is enough, and probably it is not the sickness; after the partie hath left casting, it is good to take a competent draught of burnt Malmsie alone with Triacle and grains, it will comfort much.

Another Medicine for the Plague.

Take of Setwel grated one root, of Jane Triacle two ſpoonfuls, of wine Vinegar, three ſpoonfuls, of fair water three ſpoonfuls, make all theſe more then luke warm, and drinke them off at once well ſteeped together, ſweat after this ſix or ſeven houres, and it will bring forth the Plague ſore.

To break the Plague Sore.

Lay a roaſted Onion, alſo ſeeth a white Lillie root in milk, till it be as thick as a Poulteſſe, and lay it to the ſame, if theſe fail, launce the ſore, and ſo draw it, and heal it with ſalves for Botches, or Biles.

To make a Salve to dreſſe any Wound.

Take Roſin and Wax of each half a pound, of Deer Suet, and Frankincenſe, of each one quarter of a pound, of Maſtick in pouder one ounce, boil all theſe in a pint of white Wine half an houre with a ſoft fire, and ſtir it

in

in the boyling, that it run not over, then take it from the fire, and put thereto half an ounce of Camphire in pouder, when it is almoſt cold put thereto one quarter of a pound of Turpentine, after all theſe be mingled together, then put it into white Wine, and waſh it as you waſh butter, and then as it cools make it up in rouls.

A moſt excellent Water for ſore eyes.

Take a quart of ſpring water ſet it upon the fire in an earthen Pipkin, then put into it three ſpoonfuls of White ſalt, and one ſpoonful of white Coperas, then boil them a quarter of an hour, ſcum it as it doth boil, then ſtrain it through a fine linnen cloth, and keep it for your uſe

When you take it you muſt lye down upon the bed, and drop two drops of it into your eye, ſo reſt one quarter of an hour, not wiping your eyes, and uſe it as often as need ſhall require.

If the eye have any Perle or Film growing upon it, then take a handfull of red double Daiſie leaves, and ſtamp them and ſtrain them through a linnen cloth, and drop

drop thereof one drop into your eye, uſing it three times.

A Plaiſter for one that is bruiſed.

Take half a pint of Sallet oyle, or Neats-foot oyle, half a pint of Engliſh Honey, two or three penniworth of Turpentine, a good quantity of Hogs greaſe, two or three penniworth of *Bole Armoniack*, half a pint of ſtrong wine Vinegar, half a doſen of Eggſhels, and all beaten very ſmall, one handfull of white Salt, put all theſe together into an earthen pot, and ſtir and mingle them together exceedingly well, then as much Bean floure, or Wheat flour as will thicken it plaiſter-wiſe, then with your hand ſtrike it on the grieved place once a day, and by Gods help it wil eaſe any ſore that cometh by meanes of ſtriking, wrinching, bruiſing, or other kind of ſwelling that proceedeth of evill humours.

Balm Water for a Surfet.

Take two gallons of ſtrong Ale, and one quart of Sack, take four pound of young

young Balm leaves, and ſhred them, then take one pound of Anniſe ſeeds, and as much Liquorice beaten to pouder, put them all into the Ale and Sack, to ſteep twelve hours, after put it into a Limbeck, and ſo ſtill it, it is good for a Surfet of of choler, for to comfort the heart, and for an Ague.

A Reſtorative Water in Sickneſs, the Patient being weak.

Take three pints of very good new Milk, and put thereto one pint of very good red Wine, the yolks of twenty four eggs, and beat them together, that done, put in as much fine Manchet as ſhall ſuck up the Milk and Wine, then put the ſame into a fair Stillatorie, and ſtill it with a ſoking fire, and take a ſpoonfull of this water in your Pottage or drinke, and this in one or two moneths will prevent the Conſumption.

To make a Caudle to prevent the Lask.

Take half a pound of unblanched Almonds, ſtamp them, and ſtrain it into a quart

of Ale, and ſet it on the fire, then take the yolks of four Eggs, and make it for a caudle, and ſo ſeaſon it with a good quantity of Cinnamon and Sugar, and eat it every morning at breakfaſt.

For one that cannot make Water, and to break the Stone.

Pare a Raddiſh root, and ſlice it thin, and put it into a pint of white Wine, and let it infuſe ſix or ſeven hours, then ſtrain it, and ſet it one the fire, and put thereto one Parſley root, and one ſpoonful of Parſley ſeed, and half a handful of Pellitorie of the wall, and ſeeth it untill half be waſted, and give it lukewarm to drinke.

The Diet againſt Melancholly.

℞ Take Sene eight ounces, Rubarb ſix drachms, Polipodie of the Oke, *Sarſaparilla*, and Madder roots of each four ounces, Anniſe ſeeds, Fennel ſeeds, *Epithimum*, of each one ounce, Mace, Cloves, and Nutmegs, of each two ounces, Egrimonie, Scabios, and red Dock roots, of each one handful, make them all ſmall, and

and put it into a long narrow bag of boulter, hang it in a veſſel of Ale that containeth ſix gallons, when it is a week old, drinke it morning and evening for the ſpace of one fortnight, keep you all that time warm, and a good diet.

A Sirrup to open the Liver.

Take Lungwort, Maidenhair, Egrimonie, Scabios, of each one handful, Chamepitis, Hyſop, of each a doſen Crops, Endive and Succorie, of each three or four leaves, of young Fennel and Parſley, of each one root, one ſtick of Liquorice, one ſpoonful of Barberies clean waſhed, one ſpoonful of Anniſe ſeeds, twenty Raiſins of the Sun ſtoned, boil all theſe in a pottle of water to a quart, then ſtrain it, and put thereto of the beſt Sugar one quarter of a pound, conſerve of Violets one ounce, and ſo boil it as long as any ſcum ariſeth, then ſtrain it again, and uſe this very warm.

For one that cannot make Water.

Take the ſeeds of Parſley, of red Fennel,

nel, of Saxifrage, of Carrawayes, of the kernels of Hip Berries, of each a like quantity, put in ſome pouder of Jet, mingle theſe, being beaten to powder, well together, and drink it in ſtale Ale lukewarme.

To make Aqua Compoſita.

Take of Anniſeſeeds, and Licorice bruiſed, of each half a pound, Thyme, and Fennel, of each half a handful, Calamint two handfuls, Coriander, and Carrawayſeeds bruiſed, of each two ounces, Roſemary, and Sage, of each half a handful, infuſe theſe a whole night in three gallons of red Wine, or ſtrong Ale, then ſtill it in a Limbeck with a ſoft fire,

An Ointment for any Swelling.

Take of marſh Mallowes, of Wormwood, of Smallage, of each one handful, boyle it with one pound of the greaſe of a barrow Hog until it be very green, then ſtrain it, and keep it very cloſe. Lady *Pawlet.*

A Plaiſter for the Back.

Take half a pint of Oyle of Roſes, four ounces of white Lead ground into fine powder, put your Oyle into a clean Poſnet, and ſet it on the fire, and when it is warm put in your white Lead, ever ſtirring it, then put into it of your Wax one quarter, ſtir it untill it be black, then take it from the fire, and in the cooling put thereto two pennyworth of Camphire, of white Sanders, and yellow Sanders, of each the weight of fourpence, fine *Bole*, and *Terra ſigillata*, of each two penny weight in fine pouder all, ſtill ſtirring it till it be almoſt cold, and ſo make it up in roules: uſe it as need requires, for all weakneſſe, waſting, or heat in the Kidneyes. *Craniſh.*

To make Oyle of Swallowes.

Take one handful of Mother-Thyme, of Lavender-cotton, and Strawberry leaves, of each a like, four Swallowes, feathers and altogether well bruiſed, three ounces of Sallade Oyle, beat the Hearbs, and the Swallowes, feathers, and altogether,

ther, until they be ſo ſmall that you can ſee no feathers, then put in the Oyle, and ſtir them well together, and ſeeth them in a poſnet, and ſtrain them through a canvas cloth, and ſo keep it for your uſe.

For a Thorn, Fellon, or Prick.

Take the juce of Fetherfew, of Smallage, of each one Saucer full, put to it as much wheat of Flour as will make it ſomewhat thick, and put to it of good black Sope the quantity of one Walnut, mingle them together, and lay them to the ſore.

A Drink for one that hath a Rupture.

Take of Comfilli, otherwiſe called Boneſel, a pretty handful, of Woodbitten as much, Bread, Plantain, and leaves, of Cammock ſomewhat more than a handful, of Vervoin as much as of the Cammock, of Daiſie roots a ſmall quantity, of Elder tops, or young buds, the leaſt quantity, ſtamp all theſe together, and put unto them, being ſtamped, one pint of pure white Wine, then ſtrain it, and drink of it morning

morning and evening, one hour or more before breakfaſt or ſupper, a good draught bloud-warm.

If it be a ſucking Child, let the Nurſe drink poſſet-ale of the aforeſaid drink, and let the Childe ſuck immediately: If it be an old body, let him take it lying in his bed nine dayes, if it may be conveniently, or otherwiſe to uſe no ſtraining.

For the Lask, or Flux.

Take one quart of red Wine, as much running water, one ounce of Cinnamon, ſeeth theſe half away, and give the Patient ſix ſpoonfuls to drink morning and evening, if you think it be too harſh, put in a piece of Sugar.

A Lotion water for the Canker.

Take one gallon of pure Water, four handfuls of Woodbine, of Marigolds, and Tetſal, of each two handfuls, of Celendine, Rue, Sage, and Egremony, of each one handful, boyle all theſe to a quart, then ſtrain it, and put thereto two great ſpoon-

fuls of the beſt Engliſh Honey, and one ounce of roch Allum, boyle them all again as long as any skum ariſeth, then take it off, and put it in a cloſe bottle, and uſe it bloud-warm when need requireth.

For the Mother.

Take three or four handfuls of Ferne that groweth upon a houſe, ſeeth it in Reniſh wine till it be well ſodden, then put it in a linnen cloth, and lay it to her Navel, as hot as ſhe may ſuffer it, four or five times.

A Water for an old Sore.

Take Honeyſuckles, water Bettony, Roſemary, Sage, Violet leaves, Elder leaves, cut them all ſmall together, and ſeeth them in a quart of running water, put thereto two ſpoonfuls of Honey, and a little Allum.

For one that hath a great heat in his Temples, or that cannot ſleep.

Take the juyce of Houſeleeck, and of Lettice,

Lettice, of each one ſpoonful, of womans milk ſix ſpoonfuls, put them together, and ſet them upon a Chafingdiſh of coales, and put thereto a piece of Roſe-cake, and lay it to your Temples.

To quench or ſlack your thirſt.

Take one quart of running Water out of the Brook, ſeeth it, and skum it, put thereto five or ſix ſpoonfuls of Vinegar, a good quantity of Sugar and Cinnamon, three or four Cloves bruiſed, drink it lukewarm.

For one that hath a great heat in his Hands and Stomack.

Take four Eggs, roaſt them hard, peel them, lay them in Vinegar three or four houres, then let the ſick man hold in either hand one of them, and after ſome ſpace change them and take the other, and it will allay the heat.

Againſt all Aches, and eſpecially of a Womans Breaſt.

Take Milk, and Roſe leaves, and ſet them on the fire, put thereto Oatmeal, and Oyle of Roſes, boyle them till they be thick, and lay it hot under the ſore, and renew it ſo till it be alwayes hot.

For the Ptiſick and dry Cough.

Take the Lungs of a Fox, beat them to pouder, take of Licorice, and Sugar-candy, a good quantity, a ſmall quantity of Cummin, mix theſe all well together, and put them in a Bladder, and eat of it as often as you think good in the day.

To take away Warts.

Take Snailes that have ſhells, pick them, and with the juyce that cometh from them rub the Wart every day for the ſpace of ſeven or eight dayes, and it will deſtroy then.

A per-

A perfect Water for the ſight.

Take Sage, Fennel, Vervin, Bettony, Eyebright, Pimpernel, Cinquefoil, and Hearbgrace, lay all theſe in white Wine one night, ſtill it in a Stillitory of glaſſe, this water will reſtore the ſight of one that was blind three yeares before.

To reſtore the Hearing.

Take Rue, Roſemary, Sage, Vervin, Majoram, of each one handful, of Cammomil two handfuls, ſtamp them, and mould them in Rie dough, make thereof one loaf, bake it as other bread, and when it is baked break it in the midſt, and as hot as may be ſuffered bind it to your eares, and keep them warm and cloſe one day or more, after it be taken away forbear yee to take cold.

For a Felon in the ſoynts.

Take Rue, Fetherfew, Bores greaſe, Leaven, Salt, Honey, ſix leaves of Sage, ſhred them altogether ſmall, then beat them together, and lay it to the ſore place.

To comfort the Brains, and to procure ſleep.

Take a red Roſe cake, three ſpoonfuls of white wine Vinegar, the white of one Egg, three ſpoonfuls of Womans milk, ſet all theſe one a chafingdiſh of coals, heat them, and lay the Roſe cake upon the diſh, and let them heat together, then take one Nutmeg, and ſtrew it on the Cake, then put it betwixt two clothes, and lay it to your forehead as warm as you may ſuffer it.

A Medicine for a ſore head with a Scald.

Take one peck of Shoomakers ſhreds, ſet them over the fire in a Braſs pan, put water to them, and ſeeth them ſo long as any Oyle will ariſe, and evermore be ſcumming off the Oyle, then take Plantain, Ribwort, Houſleek leaves, ground Ivie, knotted graſſe, wild Borrage, Tutſan, hearb Bennet, Smallage, Setwel leaves, of every one a like quantity, and beat them in a morter and ſtrain them, then take half a penniworth of Roſin, half a penniworth of Allum, a little Virgins Wax, beat them,

them, and put them into a pan, and set it over the fire, put thereto the Hearbs and the Oyle, let them seeth till all be melted, then strain them into a pan, and stir them till they be cold, and put it into a box for your use, when you dresse your head, heat a little in a saucer, annoint it every day twice, pull out the hairs that stand upright, and with linnen cloth wipe away the corruption.

A Salve for a green Wound, or old Sore.

Take the leaves of green Tobacco two pounds, of *Valerian* two pound, beat them very small, then strain them, and take the juyce thereof, put one pound of yellow Wax, one pound of Rosin, one pound of Deer suet, boyl them together till they be very green, and when it is half cold, put to it a quarter of a pound of Turpentine, and keep it for your use.

For the running of the Reins, Approved.

Take the Rows of red Herrings, dry them upon the coals, till they will beat to pouder, then give it to the Patient to

drinke in the morning faſting, as much as will lye upon a ſhilling in five ſpoonfuls of Ale or Wine, be he never ſo weak.

For the burning and pricking in the Soles of the Feet.

Take half a pound of Barrows greaſe, two good handfuls of Mugwort chopped very ſmall, boil it with the Barrows greaſe upon a ſoft fire, by the ſpace of four hours, then ſtrain it from the Mugwort, and put it up in an earthen thing for your uſe, and annoint your feet as you go to bed.

A Medicine for any Heat, Burning, or Scalding: Approved.

Take half a pint of the beſt cream you can get, and ſet it in a fair Poſnet upon the fire, then take two good handfuls of Daiſie roots, leaves and all clean waſhed, and very finely ſhred, put them into the ſame Poſnet, and boil it upon the fire, untill it be a clear oyntment, then ſtrain it through a cloth, and keep it for your uſe.

To make Aqua compoſita *to drink for a Surfet, or a cold Stomack, and to avoid flegm, and glut from Stomack.*

Take one handful of Roſemary, one good root of Elecampane, one handful of Hop, half a handful of Thyme, half a handful of Sage, ſix good crops of red Mints, and as much of Pennieroyal, half a handful of Horehound, ſix crops of Majoram, two ounces of Licorice well bruiſed, and ſo much of Anniſe ſeeds, then take three gallons of ſtrong Ale, and put all the aforeſaid things, Ale and Hearbs into a braſſe pot, then ſet them upon the fire, and ſet your Limbeck upon it, and ſtop it cloſe with paſte, that there come no air out, and ſo keep it with a ſoft fire, as other *Aqua vitæ.*

For an ach in any Joynt.

Take clarified Butter a quarter of a pound, of Cummin one pound, Black Sope a quarter of a pound, one handful of Rue, Sheeps ſuet ℥. ii. Bay Salt one ſpoonful, bray theſe together, then fry them with the

the gall of an Oxe, ſpread it on a Plaiſter, and lay it on as hot as you can, and let it lye ſeven dayes.

A Plaiſter to lay to the head, for a Rheum which runneth at the Eyes.

Take the pouder of Roſe-leaves, Roſe-water, and Betonie water, of each a like quantity, and a little Vinegar, put your pouders into the Water and Vinegar, ſtir them and temper them, and make them in a Plaiſter, and put to it a little pouder of *Terra ſigillata*.

A Water to be uſed with the Plaiſter aboveſaid for the ſame purpoſe.

Take one quart of new Milk, two pound of green Fennel, a quarter of a pound of Eyebright, put the Hearbs and Milk into a Stillatorie, caſt half an ounce of Camphire thereon, and with this Water, waſh your eyes and temples.

For the Emeroids, Approved.

Take a peece of tawnie cloth, burn it in a frying

a frying pan to ponder, then beat it in a Morter as fine as may be, ſearce it, then lay it on a brown Paper, and with ſpittle make it Plaiſter-wiſe, and lay it to the place, and truſſe it up with clothes.

To break any Sore.

Take hot bread to the quantity of a farthing loaf, grate it, put thereto Sallet oyle three or four ſpoonfuls, and a pint of Milk, and ſeeth them together to a good thickneſs, ſpread it on a cloth and lay it to the ſore, in ſtead of Sallet oyle, you may uſe Deer ſuet.

A Bath for an ach in the Back, and Limbs.

Take Mugwort, Vervin, Fetherfue, Dill, Roſemary, Burnet, Tunhoof, Horehound, and white Mints, Senkil and Sage, of each one handful, ſeeth all theſe in four gallons of running water, and let it ſeeth till one gallon be waſted, then bath your leggs with it five nights together.

A Medicine for any joynt that is numme with any ach, Approved.

Take Virgin Wax one ounce, Verdigreaſe half a quarter of an ounce, Brimſtone, Sope, oyle of Eggs, of Allum, of Honey, of each a like quantity, temper them altogether, and lay it upon the place grieved ſomewhat warm.

A Medicine for a Felon of any Finger.

Take as much gray Salt as an Egg, wind it in gray Paper, lay it in the Embers a quarter of an hour, then beat it in a morter very fine, then take the yoalk of a new laid egg, beat it with this pouder, untill it be very ſtiffe, ſpread it upon a cloth, lay it upon the joynt grieved twenty four houres, and ſo dreſſe it three times.

For a Boil or Puſh.

Take the yolk of a new laid Egg, a little Engliſh Honey, put it into the ſhell to the yolk, put in as much wheat meal as will make it to ſpread, then take one branch

branch of Rue, and one of Fetherfew, ſhred them very fine, and put it to the ſame Medicine, ſtir them very well together, ſpread it upon a peece of leather, and lay it to the place gieved.

An Electuarie to cauſe good digeſtion, and to comfort the Stomack.

Take Setwel, and Galingal, of each three ſlices, Nutmegs, Ginger, and Cinnamon, of each two ſli ces, three Berberries ſliced fine and husked, three ſlices of Liquorice, half a ſpoonful of Anniſe ſeeds clean dusted, one long Pepper cut ſmall, white Pepper ſix grains, as much black Pepper, beat them all into a groſſe pouder, then put thereto two grains of Musk, one grain of Amber greece, then take Mint water and Sugar, boil them together, and when they are come to the right perfection of thickneſſe, put in thoſe Pouders above mentioned in the cooling, with a little conſerve of Roſemary floures, of this take the quantitie of a Nutmeg, half an hour before you eat or drinke at meals.

A Powder for the Rheume, or Sore Eyes.

Boyle one pint of Hop-water, when the Hop

Hop is in the flower, till it be ſcalding hot, then put into it half a pound of Licorice in very fine pouder, the Water being taken from the fire, for the Licorice muſt not boyle in the Water, ſtirre them together till the Water be clean conſumed, then adde to them, of Anniſeſeeds, and Fennel-ſeeds, of each half a pound made into very fine pouder through a Search, Angelica roots, Elicampane roots, and leaves, and flowers, of Eyebright made into very fine powder, of each one ounce and a half, mingle theſe together, and ſo keep it cloſe, and when you eat of this Pouder weigh out of the whole quantity two ounces, whereunto adde as much good *Aqua vitæ* as will moiſten it, or Angelico-water, or *Roſa ſolis*, to keep it from being muſty, ſet it near the fire; eat of this Pouder at any time as much as you may take up with a groat, and it is ſpecial good for the rheume, for cold, or for ſore eyes. Mr. *Bendlow.*

A Salve for any Wound.

Take Roſin, Perroſin, Wax, of each eight ounces, of Sheeps Suet, and Frankincenſe,

cenſe, of each four ounces, one ounce of Maſtick made in pouder, boyle all theſe in a pint of white Wine half an hour, then take it from the fire, and put thereto half an ounce of Camphire in pouder; when it is almoſt cold put thereto four ounces of Turpentine, and make it up in roules, but before it be rouled you muſt waſh it up in running Water. *A. T.*

To deliver a Child in danger.

Take a Date ſtone, beat it into pouder, let the Woman drink it with Wine, then take Polipody and emplaiſter it to her feet, and the Child will come whether it be quick or dead; then take Centory, green or dry, give it the Woman to drink in Wine, give her alſo the Milk of another Woman.

A moſt ſingular Sirupe for the Lungs, and to prevent the Conſumption.

Take Egrimony, Scabias, Borrage, Bugloſſe, of each twenty leaves, Folefoot, Lungwort, Maidenhair, of each half a handful, Suckory, and Endive, of each ſix leaves,

leaves, of *Carduus benedictus*, Horehound, Nip, of each four crops unſet, Hop half a handful, Fennel roots, Parſly roots, Smalladge roots, of each three roots ſliced and the piths taken out, Elicampane four roots ſliced, Iris roots half an ounce ſliced, Quinceſeeds one ounce, Licorice three good ſticks ſcraped and ſliced ſmall, twenty Figs ſliced, Raiſins of the Sun one good handful ſliced, and the ſtones taken out, boyle all theſe in a gallon of running Water till half be conſumed, then take it from the fire and let it ſettle, then ſtrain it, and boyle it again with as much white Sugar as will make it thick as ſirupe, that it may laſt all the year.

A Pouder for the Stone.

Take Hawes, and Hips, of each a good handful, Aſhen keyes half a handful, three or four Acorns, the ſhels of three new laid Eggs, Grounwel ſeeds, Parſly ſeeds, of each half an ounce, Perſtone a good handful, Camock roots half a handful, make all theſe in fine pouder, then put thereto two ounces of Sugar-candy beaten ſomething ſmall,

ſmall, take a ſixpenny weight of this pouder at a time in the morning faſting, and drink not after it one hour.

For the Collick and Stone.

Take one handful of *Philipendula*, of Roſemary, of Saxafrage, of Ivy growing in the wall, of Harts-tongue, of Thyme, of Parſly, of Scabias, of each four handfuls, of Marigolds one handful, of Majoram three handfuls, of brown Fennel, of Longdebeefe, of Spernits, of Borage, of each two handfuls, of Maidenhair three handfuls, ſtill all theſe in *May*, keep it in a glaſſe till you have need of it, then take of it five ſpoonfuls, and three of white Wine, and of clean pouder of Ginger half a ſpoonful, put theſe together, and warm it luke-warm, and let the Patient drink it in the morning two houres before he riſe out of his bed, let him lay more clothes upon him, for it will provoke him to ſweat, after the ſweat is gone let him riſe and walk whither he will.

A good Water to drinke with Wine, or without to cool Choler.

Take Borage roots, and Succory roots, of each two, waſh and ſcrape them fair and clean, and take out their cores, then take an earthen pot of two gallons, fill it with fair ſpring water, ſet it on a fire of charcoal, put the roots in it, and eight pennyworth of Cinnamon; when it beginneth to ſeeth, put into it four ounces of fine Sugar, and let it ſeeth half an hour, then take it off, let it cool, and drink hereof at your pleaſure.

To make Aqua Compoſita *for the Collick and Stone.*

Take of ſtrong Ale one moneth old as many gallons as your pot will hold, and for every gallon take two ounces of Licorice, and as much of Anniſe ſeeds, and of theſe Hearbs following two handfuls of each to every gallon, of Birch leaves, Burnet, Paſphere, Pellitory of the wall, Watercreſſes, Saxifrage, Grumwel, *Philipendula*, Pennyroyal, Fennel, half a root of Elicampane;

pane; of Hawes, of Hips, of Berries, and Brambles, and Berberries of each half a pint, diſtil them as you doe other *Aqua vitæ.*

A Medicine for the Collick paſſion.

Take the ſmooth leaves of Holly, dry them, and make them into pouder, of Gromwel ſeed, and of Box ſeed, of each a little quantity, let the patient drink hereof.

To take away the fervent ſhaking and burning of an Ague.

Take of the rind of the Wilding tree, with the leaves in ſummer, of each half a handful, as much Bettony, three crops of Roſemary, ſeeth them in a quart of poſſet Ale to a pint, and let the ſick drink of this as hot as he can, and ſo within three times it will eaſe him.

For the hardneſſe and ſtiffeneſſe of Sinewes.

Take twelve fledgd Swallowes out of the neſt, kill them, beat them feathers

and all in a Morter, with Thyme, Rosemary, and Hop, then seeth them with *May* Butter a good while, then strain them through a Strainer as hard as you can, and it will be an Ointment, take the strings that grow out of the Strawberries and beat them amongst the rest.

To stay the Flux.

Take white Starch made of Wheat two or three spoonfuls, and take also new Milk from the Cow, stirre these together, and let them be warmed a little, and give it to the party grieved in manner of a glister: a present remedy.

An approved Medicine for the Plague, called the Philosophers Egge, it is a most excellent Preservative against all Poysons, or dangerous Diseases that draw towards the Heart.

Take a new laid Egg, and break a hole so broad as you may, take out the white clean from the yolk, then take one ounce of Saffron and mingle it with the yolk, but

but be careful you break not the ſhell, then cover it with another piece of ſhell ſo cloſe as is poſſible, then take an earthen pot with a cloſe cover, with warm embers, ſo that the ſhell be not burned, and as thoſe embers do cool, ſo put in more hot, and doe ſo for the ſpace of two dayes until you think it be dry, for proof whereof you ſhall put in a Pen, and if it come out dry it is well, then take the Egge and wipe it very clean, then pare the ſhell from the Saffron, and ſet it before the fire, and let it be warm, then beat it in a Morter very fine, and put it in by it ſelf, then take as much white Muſtardſeed as the Egge and Saffron, and grind it as ſmall as meal, then ſearſe it trough a fine Boulter, that you may ſave the quantity of the Egge ſo ſearced, then take a quarter of an ounce of Dittany roots, as much of Turmentil, of *Nuces Vomicæ* one drachm, let them be dryed by the fire as aforeſaid, then ſtamp theſe three laſt ſeverally very fine in a Morter, then mix them three well together, after that take, as a thing moſt needful, the root of Angelica, and Pimpernel, of each the weight of ſixpence, make them to pouder, and mix them with the reſt,

then compound therewith five or six ſimples of Unicorns horn, or for want thereof of Hartſhorn, and take as much weight, as all theſe fine pouders come to, of fine Triacle, and ſtamp it with the pouders in a Morter until all be well mixed and hang to the Peſtle, and then it is perfectly made, then put the Electuary in a ſtone pot well nealed, and ſo it will continue twenty or thirty yeares, and the longer the better.

How to uſe this Electuary.

Firſt when one is infected with the Peſtilence, let him take, ſo ſoon as he can, or ever the diſeaſe infect the heart, one crown weight in gold of this Electuary, and ſo much of fine Triacle, if it be for a man, but if it be for a woman or child, take leſſe, and let them be well mixed together, and if the diſeaſe come with cold, then give him this Electuary with half a pint of white Wine warm, and well mixed together; but if it come with heat, then give it him with Plantain water, or Well water, and Vinegar, mixt altogether, and when he hath drunk the ſame, let him goe into

into his naked bed, and put off his shirt, and cover him warm, but let his bed be well warmed first, and a hot double sheet wrapped about him, and so let him sweat seven, eight, or ten houres, as he is able to endure, for the more he doth sweat the better, because the disease fadeth away with the sweat; but if he cannot sweat, then heat two or three Bricks or Tiles, and wrap them in moist clothes wet with water and salt, and lay them by his sides in the bed, and they will cause him to sweat, and as he sweateth, let it be wiped from his body with dry hot clothes being conveyed into the bed, and his sweat being ended, shift him into a warm bed with a warm shirt, and all fresh new clothes, using him very warily for taking of cold, and let his clothes that he did sweat in be well aired and washed, for they be infectious; and let the keeper of the sick beware of the breath or air of the party in the time of his sweating, therefore let her muffle her self with double old cloth, wherein is Wormwood, Rue, Fetherfew, crums of soure bread, and Vinegar, and a little Rosewater, beat all these together, and so put it into the muffler, made new

every day while you doe keep him, and let the ſick party have of it bound in a cloth to ſmell on while he is in his ſweat, then after doe it away and take a new, and becauſe he ſhall be faint and diſtempered after his ſickneſſe, he ſhall eat no fleſh, nor drink Wine the ſpace of nine dayes, but let him uſe the Conſervatives for his health, as Conſerve of Bugloſſe, Borage, and red Roſes, and eſpecially he ſhall drink three or four dayes after he hath ſweat, morning and evening, three ounces of the juyce of Sorrel mixed with an ounce of Conſerve of Sorrel, and ſo uſe to eat and drink whatſoever is comfortable for the heart; alſo if one take the quantity of a Pea of the ſaid Electuary with ſome good Wine, it ſhall keep him from the infection, therefore when one is ſick in the houſe of the Plague, then ſo ſoon as yee can, give all the whole houſhold ſome of this Receipt to drink, and his keeper alſo, and it ſhall preſerve them from the infection, yet keep the whole from the ſick as much as you can, beware of the clothes and bed that the ſick party did ſweat in.

To make Balm water.

Take four gallons of ſtrong Ale and ſtale, half a pound of Licorice, two pound of Balm, two ounces of Figs, half a pound of Anniſe ſeeds, one ounce of Nutmegs, ſhred the Balm and Figs very ſmall, and let them ſtand ſteeping four and twenty houres, and then put it in a Still as you uſe *Aqua vitæ*.

To make Doctor Stephens *Water.*

Take one gallon of good Gaſcoign Wine, of Ginger, Galingal, Nutmegs, Grains, Anniſe ſeeds, Fennel ſeeds, Carraway ſeeds, then take Sage, Mints, red Roſes, garden Thyme, Pellitorie, Roſemary, wild Thyme, Penniroyall, Cammomill, Lavender, of each one handful, bray your Spices ſmall, and chop the hearbs before named, and put them with the ſpices into the Wine, and let it ſtand twelve houres, ſtirring it very often, then ſtill it in a Limbeck, cloſed up with courſe paſte, ſo that no air enter, keep the firſt water by

by it ſelf, it is good ſo long as it will burn.

An Ointment for any Strain in the Joynts, or for any Sore.

Take three pound of freſh Butter unwaſhed, and ſet it in an Oven after the bread be drawn out, and let it ſtand two or three houres, then take the cleareſt of the butter and put it into a Poſnet, then take the tops of Red nettles as much as will be Moiſtned with the butter, and chop them very Small, and put them in the butter, ſet it on the fire, and boyle itſoftly five or ſix houres, and when it is ſo boyled, put thereto halfe a pint of the beſt oyle Olive, and then boyle it a very little, and take it off, and ſtrain it into an earthen pot, and keep it for your uſe.

If you thinke good inſtead of Nettles, onely you may take theſe hearbs, Cammomile, Roſemary, Lavender, Tun-hoof, otherwiſe Ale-hoof, Five finger, Vervain, and Nettle tops.

For an Ague.

Take the inner bark of a Walnut tree, a good quantity, boyl it in beer untill the beer look black, and then take a good draught and put it into a pot, then take ſix ſpoonfuls of Sallet Oyle for an extream Ague, brew it too and fro in two pots, then drinke it, and let the party labour to any exerciſe untill he ſweat, then let him lye down upon a bed very warm untill he hath done ſweating, this doe three times when the Ague cometh upon him.

A Pouder againſt the Wind in the Stomack.

Take Ginger, Cinnamon, and Gallingal, of each two ounces, Anniſe ſeeds, Carraway, and Fennel ſeeds, of each one ounce, long Pepper, Graines, Mace, and Nutmegs, of each half an ounce, Setwel half a drachm, make all in pouder, and put thereto one pound of white Sugar, and uſe this after your meat or before at your pleaſure, at all times it comforteth the ſtomack marvellouſly, carrieth away wind,

wind, and cauſeth good digeſtion.

For a Pin and Web in the Eye.

Take the white of an Egg, beat it to oyle, put thereto a quarter of a ſpoonful of Engliſh Honey, half a handful of Daiſie leaves, and in winter the roots, half a handful of the inner rind of a young Hazle not above one yeares growth, beat them together in a Morter, and put thereto one ſpoonful of Womans Milk, and let it ſtand infuſed two or three houres, and ſtrain all through a cloth, and with a feather drop it into the eye thrice a day.

For bloud-ſhotten, and ſore Eyes, coming of heat.

Take *Tutty* of *Alexandria*, or *Lapis Tutty* one ounce, beat it into fine pouder, and temper it with a quart of white Wine, put thereto one ounce of dried Roſe leaves, and boyle them altogether with a ſoft fire until one half be conſumed, then ſtrain it through a fine linnen cloth, and keep it in a glaſſe, and uſe it evening and morning, and put it into the ſore eyes with

with a feather or your finger.

If the *Tutty* be prepared it is the better, which is thus done, ſteep the *Tutty* in Roſe-water, and let it lye half an hour, then take it forth, and lay it on a white paper to dry, then take it when it is dry, ſteep it, and dry it again, as before, twice or thrice, and then uſe it as before.

For an Ach in the Bones.

Take Southernwood, Wormwood, and Bay leaves, of each one handful, one Oxe Gall, one pint of Neat-foot oyle, put all theſe together, and let them ſo ſtand two or three dayes, and let them boyle upon a very ſoft fire, then put in of Dears ſuet a good quantity, ſtrain them, and put them into a pot, and ſo annoint the Patient, put to this a good quantity of Tarre, and as much Pitch as the bigneſſe of a Walnut, and of the juyce of Pimpernel a good quantity.

For Children that are troubled with an extream Cough.

Take Hyſop water, and Fennel water,

of

of each half a pint, of ſliced Licorice, and Sugar, of each a pretty quantity, ſeeth them eaſily over a good fire, ſtrain it, and let them take a little hereof at once, and often you may diſſolve pellets therein; and you may annoint their cheſt with oyle of Almonds, and a little Wax.

A Medicine for ſore Eyes.

Take red Fennel, and Celendine, of each one handful, ſtamp and ſtrain them, that done, take five ſpoonfuls of Honey, and white Copperas the quantity of one Pea, Roſewater five ſpoonfuls, boyle all theſe together in an earthen pot, skum it well, and clariſie it with the white of an Egge; this is an excellent Medicine to clear the ſight of the eye if there be any thing in the eye ſuperfluous to hinder the ſight, but if there be nothing but heat, it is nothing ſo good.

To help one that is inwardly bruiſed.

Take of Borrage, and red Sage, of each a handful, ſtamp theſe together, and ſtrain them, and put thereto as much Claret Wine,

Wine, as the juyce therof, and let the party drink it warm, and if it keep within him four and twenty houres, after he will recover; if he be bound in the body, let him take three spoonfuls of Sirupe of Damask Roses, and two spoonfuls of Sallade oyle, and drink it fasting, and an hour after let the party take some warme broth.

For the Spleen.

Take of Lavender, Fennel, Parsly, Cammomil, Thyme, Wormwood, Angelica, of each one handful, of Sage, and Rue, one handful, of Annise seeds, and Fennel seeds, of each one handful, of Cummin seeds two handfuls, of Cloves four spoonfuls, and of Mace two spoonfuls, gather these hearbs in the heat of the day, and dry them in the Sun two dayes, laying them very thinne on a sheet, and bruise the seed grosly, and steep them in as much Sallade oyle as will cover all these things, and somewhat more, and so set them in the Sun ten dayes, which being done, strain your oyle from your Hearbs and your Spices, and then infuse it new again as before, with Hearbs and

and Spices in like manner, and to that oyle thus infuſed or ſtrained, adde bitter Almonds, and oyle of Capers half a pint, then take a quarter of a ſpoonful of the ſaid oyle, and put it in your hand, your hand being warm, rub them together, and annoint and rub the Patient grieved with both your hands, the one on the right ſide, the other on the left, from the loines down to the bottome of the belly, drawing your hands as hard as you can, and make them to meet at the bottome of the belly, and continue in continual rubbing, about a quarter of an hour.

For a burning or Scald.

Take a quantity of Sheeps Suet, the white of Hen dung, and freſh Greaſe, boil all theſe together, ſtrain it, and annoint the party with a feather.

For the Emeroides and Piles.

Take juyce of Elder, *May* Butter, and Deares Suet, melt them, letting the Juyce and the Butter ſimper, and then put the Suet to them, make them into pills, and if you

you make a Suppositor, you must put in more Deeres Suet.

For the Canker in the Mouth or Nose.

Take the ashes of green leaves of Holly, with half so much of the burnt pouder of Allum, blow with a quill into the place greived, and it will help Man, or Child, or Beast.

A Remedy for the Mother.

When the fitt beginneth to take them, take the pouder of white Amber, and burn it in a chafingdish of coales, and let them hold their mouths over it, and suck in the smoak, and annoint their nostrils with the oyle of Amber, and if they be not with child, take two or three drops of the oyle of Amber in white Wine warm or cold, but the oyle of Amber must be taken inward but once a day, and outward as often as the fitt taketh them.

A Medicine for the Wormes.

Take one penniworth of Alloes with

the like quantity of Oxe gall and Mithridate, mix them together, and lay them to the childs navel upon a plaister.

A Preservative against the Plague.

Take one dry Walnut, take off the shell and peel, cut it small, and with a branch of Rue shred fine, and a little Wine Vinegar, and Salt, put all into a sliced Fig, take it up fasting, and then you may drink a little Wormwood after it, and goe where you list.

A Pill for those that are infected.

Take of Aloes succatrine half an ounce, of Myrrh, and English Saffron, of each a quarter of an ounce, beat them into small pouder with Malmsey, or a little Sack, or Diascordion, make two or three small pills thereof, and take them fasting.

A Poultesse to break a Plague Sore.

Take a white Lilly root, and seeth it in a pennyworth of Linseed, and a pretty quantity of Barrowes grease, beat the Linseed first

firſt very ſoft, afterwards beat altogether in a Morter, make thereof a plaiſter.

An Electuary to be taken for the Plague.

Take the weight of ten graines of Saffron, two ounces of the kernels of Walnuts, two or three Figs, one drachm of Mithridate, and a few Sage leaves ſtamped together, with a ſufficient quantity of Pimpernel water, make up all theſe together in a maſſe or lump, and keep it in a glaſſe or pot for your uſe, take the quantity of twelve graines faſting in the morning, and it will not onely preſerve from the Peſtilence, but expel from thoſe that be infected.

Againſt a Tertian Ague.

Take *Dandilion* clean waſhed, ſtamp it, and put it in Beer, and let it ſtand all night in the Beer, in the morning ſtrain it, and put half a ſpoonful of Triacle into it, make it luke-warm, and let the Patient drink of it faſting upon his well day, and walk upon it as long as he is able, this hath been approved good for an

Ague that cometh every ſecond day.

Againſt the Wind.

Take Cummin ſeeds, and ſteep them in Sack four and twenty houres, dry them by the fire, and hull them, then take Fennel ſeed, Carraway ſeed, and Anniſe ſeed, beat all theſe together, and take every morning half a ſpoonful in broth or beer faſting.

Againſt Wind.

Take Enula campana, grate it, and drink half a ſpoonful faſting.

For the Sting of an Adder.

Take a head of Garlick and bruiſe it with ſome Rue, adde ſome Honey thereto, and if you will ſome Triacle, and apply it to the place.

For the biting of a Dog.

Take Ragwort, chop it, and boyle it with unwaſhed Butter to an Ointment.

A

A Medicine for a Woman that hath a dead Child, or for the after-Birth after deliverance.

Take Date ſtones, dry them and beat them to pouder, then take Cummin-ſeed, Grains, and Engliſh Saffron, make them in pouder, and put them altogether in like quantitie, ſaving leſſe of the Saffron then of the reſt, then ſearce them very finely, and when need is to drinke it, take a ſpoonful at once with a little Malmſie, and drinke it milk-warm, it is good to bring forth a dead child, or for the after-birth, or if the woman have any riſing in her ſtomack, or fluſhing in her face during her childbed, the Dateſtones with round holes in the ſides are the beſt, if you put a quantity of white Amber beaten amongſt the pouder, it will be the better.

To make the beſt Paracelſus *ſalve.*

Take of Litharge of Gold and Silver of each three ounces, and put to it one pound and half of good Sallet oyle, and as much of Linſeed Oyle, put it into a

large earthen veſſel well leaded, of the faſhion of a milk boul, or a great baſon, ſet it over a gentle fire, and keep it ſtirring till it begin to boyl, then put to it of red Lead, and of *Lapis Calaminaris*, of each half a pound, keep it with continuall ſtirring, and let it boil two houres, or ſo long till it be ſomething thick, which you may know by dropping a little of it upon a cold board or ſtone, then take a skillet, and put into it a pound of yellow Wax, as much black Roſin, half a pound of gum Sandrach, of yellow Amber, Olibanum, Myrrh, of *Aloes Hepatica*, of both the kinds of *Ariſtolochias* round and long, of every of theſe in fine pouder ſearced one ounce, of *Mummia* one ounce, and a half, of oyle of Bayes half a pound, of oyle of Juniper ſix ounces, diſſolve all theſe together in the aforeſaid Skillet, and then put them to the former Plaiſter, ſet it over a gentle fire, and keep it with ſtirring, till it boile a little; Then take your five gums, Popanax, Galbanum, Sagapenum, Ammoniacum, and *Bdelium*, of each of theſe three ounces, which muſt be diſſolved in white wine Vinegar and ſtrained, and the Vinegar exaſperated

ted from them before you go about the plaister, let there be three ounces of each of them when they are thus prepared, then when the Plaister hath gently boyled, about half the bigneſſe of a Nutmeg at a time, continuing that order untill all the Gums be in and diſſolved, then ſet it over the fire again, and let it boyl a very little, but before it boil, be ſure that the gums be all diſſolved, for elſe it will run into lumps and knots, after it hath boiled a little take it from the fire again, and continue the ſtirring of it very carefully, and put to it theſe things following, being in readineſſe, take of both the Corals red and white, of mother of Pearl, of Dragons blood, of *Terra lemnia*, of white Vitriol of each of them one ounce, of *Lapis Hematitis*, and of the Loadſtone, of each of them one ounce and a half, of the floures of Antimony two drachms, of *Crocus Martis* two drachms, of Camphire one ounce, of common Turpentine half a pound, mix all theſe together, but firſt let thoſe things that are to be poudred, be carefully done, and fully ſearced, then put them altogether among the former things, and again ſet it over the fire

with a moderate heat, and gentle, to boyl, till it be in the form of a Plaiſter, the which you may know by dropping it on a cold peece of Wood, or Stone, or Iron: you muſt above remember to keep it with continuall ſtirring from the beginning to the ending, when you make it up, let your hands and the place you roul it on be annointed with the oyle of S. Johns Wort, and of earth worms, and Juniper, Cammomile and Roſes together, wrap it in Parchment or Leather, and keep it for your uſe.

Memorandum, That the Camphire bee diſſolved in the oyle of Juniper, mix them together with the Gum Sandrach, and put them in towards the latter end.

An Ointment for any ſtrain in the joynts, or for any ſore.

Take three pound of freſh Butter unwaſhed, and ſet it into an Oven after the bread be drawn out, and let it ſtand two or three hours, then take the cleareſt of the Butter, and put it into a poſnet, then take the tops of red Nettles, and chop them very ſmall, and put ſo many Nettles to the Butter, as will be moiſtned with the Butter,

and

and ſo ſet it on the fire, and boil it ſoftly five or ſix hours, and when it is ſo boyled, put thereto half a pint of the beſt oyle Olive, and then make it boil a very little, and take it off, and ſtrain it into an earthen pot, and keep it for your uſe.

Mr. Aſhleys *Ointment.*

Take ſix pound of *May* Butter unſalted, one quart of Sallet Oyle, four pound of Barrows greaſe, one pound of the beſt Roſin, one pound of Turpentine, half a pound of Frankincenſe; To this rate take theſe hearbs following, of each a handful, *viz.* Smallage, Balm, Lorage, Red Sage, Lavender, Lavender-Cotton, Herb-grace, Parſley, Cumferie called Boneſet, Sorrel, Laurel leaves, Birch leaves, Lungwort, Majoram, Roſemarie, Mallows, Cammomile, S. Johns Wort, Plantain, Allheal, Chickweed, Engliſh Tobacco, or elſe Henbane, Groundſell, Woundwort, Betony, Agrimonie, *Carduus Benedictus*, wild wine, or white Wine called Bryan, Adders tongue, Mellilot; pick all theſe Hearbs clean, waſh them, ſtrain them clean from the water, all theſe muſt be gathered after the Sun riſe, then ſtamp all

all theſe Hearbs in a ſtone or wooden-morter, ſo ſmall as poſſible may be, then take your Roſin, and beat it to pouder with your Frankincenſe, and melt them firſt alone, then put in your Butter, your Hogs-greaſe and Oyle, and when all is melted, put in your hearbs, and let them all boil together half a quarter of an hour, then take it from the fire, and leave ſtirring of it in no wiſe a quarter of an hour after, and in that time that it is from the fire, put in your Turpentine, and two ounces of Verdigreaſe very finely beaten to pouder, and when you put in your Turpentine and Verdigreaſe, ſtir it well, or elſe it will run over, and ſo ſtir untill it leave boyling: Then put it in an earthen pot, ſtopping the pot very cloſe with a cloth and a board on the top, and ſet it in a dunghil of horſe-muck twenty one dayes, then take it up and put it into a kettle, and let it boil a little, taking heed that it boil not over, then ſtrain all through a courſe cloth, into an earthen or gally pot, and when all is ſtrained, put to it half a pound of Oyle of Spike, and cover the pot cloſe untill you uſe it, and when you uſe it make it warm in Winter, and uſe it cold in Summer.

An approved Medicine for any ach in the joynt whatſoever.

Take half a pound of Roſin, half a pound of Frankincenſe, of Olibanum and Maſtick, of each one ounce, Wax, Deer Suet, Turpentine, of each two ounces, Camphire 2 drachms, beat the Olibanum, Maſtick, Roſin, and Frankincenſe, and Camphire in pouder, then put it in a braſs pan with a pottle of white Wine, and put in the Wax and Deer Suet into it, and when it doth boil, put in your Turpentine, and let it boil a quarter of an hour, then take it from the fire aud let it ſtand and cool untill the next day, then work it with your hand to work out the Wine, annointing your hands firſt with Oyle, then make it up in rouls, then as need ſhall ſerve, take thereof and ſpread it with a warm knife upon a fleſhie ſide of a Sheeps skin, and apply it warm to the grieved place, and take it not off untill it fall off of it ſelf, pricking the Plaiſter full of holes.

A Searcloth to be used against Carbuncles, red Sores, Biles, Swellings, or any hot Causes.

Take a wine pint of pure Sallet oyle, and put it into an earthen pot that is very large, and set it upon a very soft fire of Charcoal, and when it beginneth to boyl, stir it with a Hasel stick of one yeares shooting, then put into it two ounces of *Venus* Sope, that is pure white, half a pound of red Lead, one quarter of a pound of white Lead, letting it boil very softly, stirring it continually with this Hazle stick for the space of two or three houres, you shall know when it is boyled by this, drop one drop thereof upon a board, and it will be stiffe, when it is enough, then take it from the fire, and put into it half an ounce of oyle of Bayes, then let it boil again a little, then let your cloathes be readie cut of a reasonable size to dip them in it, then you must have two sticks which must be hollow in the middle, to strip the cloathes through, then lay them abroad, untill they be cold upon a board, then roul them up

up and keep them, and when you uſe them lay them upon the place grieved, and let them lie twelve hours, then take it off and wipe it, and lay the other ſide, and let that lye as long.

Plague Water to be taken three times, for the firſt helpeth not.

Take a gallon of white Wine, Ale or Beer, and to that quantity take a quarter of a pound of each of theſe Hearbs following, Roſewater a quarter of a pint, Rue, Sage, Vervain, Egrimonie, Betonie, Sallendine, Carduus, Angelica, Pimpernel, Scabios, Valerian, Wormwood, Dragons, Mugwort, all theſe hearbs muſt you ſhred in groſſe together, and ſteep it in the aforeſaid liquor the night before you diſtill it in a Roſewater ſtill, and then keep the firſt water by it ſelf being the weaker, and therefore fitter for Children, it helpeth all Fevers, Agues, and Plagues, being thus taken ſeven ſpoonfuls or thereabout of the ſtrongeſt bloud warm, and give it to the partie to drinke, in an ague or fever an hour before the fit come, and ſo to ſweat either by exerciſe, or in your bed.

bed, but your ſtomack muſt be emptie, and if it be taken for the Plague, then put into it a little Diaſcordium, or Methridate.

A defenſive Plaiſter.

Take the white of an Egg, and Bole-Armoniack, ſpread it on leather.

A Sirrup for a Cold.

Take Coltsfoot, Water Hyſop, water and Honey, put Liquoriee, Anniſe ſeeds, and Elecampane, put thereto the juyce of Fennel, and boil them well.

To ſtay the bleeding of a Wound.

Take a Charcoal red hot out of the fire, and beat it to pouder.

A Poulteſſe.

Take Milk, Oatmeal, and red Roſe-leaves, and a little Deers Suet.

For the running of the Reines.

Take cups of Acornes, and grate them, and grate ſome Nutmeg, put this in Beer, and drink.

For a Poulteſſe.

Take Linſeed, and beat it to pouder, boyle it in Milk with Mallowes and Sheeps Suet.

For a Blaſt.

Take a good quantity of Vervin, and boyle it in Milk, and waſh the Blaſt therewith very well, then bind the Hearbs very cloſe to it ſome few houres, after waſh it again the Milk being warmed, and ſo bind it up again, the oftner it is done the better, and in a day or two it will be well, if it be taken before it feſter.

For a Blaſt.

Take a good quantity of Vericon being green, with as much Dill, chop them together,

ther, and boyle them in Bores greaſe as much as will cover them, and for want thereof ſo much *May* Butter, and when they be boyled together, let them ſtand two or three dayes, and then boyle it a little, and ſo ſtrain it through a cloth.

A Balſamum.

Take in the latter end of *September* good ſtore of Honeyſuckle berries, and put them in a body of a glaſſe Still ſtopped, and ſet it in hot horſe-dung eight dayes, diſtil it in Balm, then when you have drawn the water forth, pour the water into the ſtuffe again, ſtop it cloſe, and put it in the dung four and twenty houres, then ſet it in aſhes, and diſtil both water and oyle with a great fire as much as will come forth, and at laſt ſeparate the water from the oyle in Balm.

To make an excellent Oyle of Hypericon.

Take floures, leaves, and ſeeds of Hypericon as much as you liſt, beat them together, and infuſe them in white Wine that they may be covered therewith, and

ſet

ſet them in the Sun for ten dayes, then put thereto ſo much Oyle Olive as all the reſt doth weigh, and let it ſtand ten dayes more in the Sun, but look that you weigh the Oyle to know how much it is, then put thereto for every pound of Oyle two ounces of Turpentine, and one drachm of Saffron, and of Nutmegs, and Cloves, of each half an ounce, of Mirrh, and Roſin, of each an ounce, and of the root of Briony two ounces, put them all in a veſſel of glaſſe, and mix them well together, and ſet them in a veſſel of hot water, and then ſet thereto a head of glaſſe and Receiver well ſhut, and boyle it ſo long until no more will diſtil from it, which will be about four and twenty houres, then take it out, and ſtrain it whileſt it is hot, and keep it in a veſſel of glaſſe, and when you uſe it firſt heat it well, and apply it upon a wound without uſing any tent at all, this is excellent for a green wound, eſpecially if there be vaines, ſinews, or bones offended or cut, it keepeth wounds from putrifaction, it cleanſeth them, and eaſeth pain, and doth incarnate and skin them; it helpeth bruiſes, paines, aches, or ſwellings in any part, and is wonderful good

againſt venome or poyſon.

For the Falling Sickneſſe.

Take the roots of ſingle Pionies, grate them, drink them, and wear ſome of them about your neck.

For kibed heeles.

Take a Turnip, make a hole in the top of it, take out ſome of the pith, infuſe into that hole oyle of Roſes, then ſtop cloſe the hole, roaſt the Turnip under the embers, when it is ſoft, apply it plaiſter-wiſe warm to the Kibe, bind it faſt.

Lapis Prunellæ.

A Medicine for ſore Eyes.

Take one pound of Saltpeter, boyle it in a Goldſmiths earthen pot, with a very hot fire round about it, let it boyle till it be very black and melted, then take a quarter of an ounce, or ſixpenny weight of Roch Allum, and a quarter of an ounce of Brimſtone, break them, and put them in the

the Saltpeter by little at once as it boyleth, and let it burn till the flame goe out of it ſelf, then pour it into a braſſe Ladle, or into a Chafer, and ſo let it ſtand till it be cold, and when you will uſe it, ſcrape it very fine with a knife, and put a little of it to the ſore eyes, hold down the eyelid till the pain be gone, then let water drop out of the eye: This Medicine taketh away the Pearle, the Pin, the Web in the eye, and all ſores and bloudſhed; it alſo helpeth the tooth-ach, being put into the hollow tooth with a little lint, if the tooth be not hollow rub it outward; finally, it helpeth a ſtincking breath, being eaten in the morning faſting.

For a ſcald Head.

Take a handful of Glovers ſhreds, and a handful of Dock roots, the pith taken out, and boyle them in ſtrong Ale until they be reaſonable thick, and annoint the head therewith.

For a bloudy Flux.

Take Rubarb and toaſt it, then grind

it to pouder, and take as much as will lye upon a ſixpence, and keep warm that day, the next day eat conſerve of Roſes mixed with Corral, and drink that day if yee will poſſet Ale made of Cammomil.

For the Itch.

Take one pound of Butter unwaſhed, and unſalted, three good handfuls of red Sage, and as much Brimſtone beaten into pouder as a Walnut, boyle theſe well together, and ſtrain it, and put in half an ounce of Ginger beaten ſmall.

For ſore Eyes.

Take new Hens dung out of the neſt, and put it into an Oven almoſt cold, let it lye there all night, then take the white of it, and beat it being dryed, and take as much of the pouder of Ginger finely beaten, and put to that half the like quantity of Sugar-candy, all which muſt be beaten very well and ſearced, then put it into the ſore eyes every night, and in the morning waſh it out with the water.

A Water for ſore Eyes.

Take a pint of fair running Water, of wild Daiſies, and three leaved Graſſe, of each a good handful, waſh the Hearbs very clean in a Collender, and put them into a clean Skillet of Water, let them boyle very well over the fire, until the Water look green, then take a little piece of Allum and put into the water when it is boyling, then taſte of the Water, and when it ſticks to the mouth, take as much Honey as will make it very ſweet, then after it hath boyled a little while take it off the fire, ſtrain it, and drop a little every night into the eyes.

An approved Application againſt any Surfeit.

Take the bottome of a Muncorn loaf, cut it about an inch thick, and as broad as the palm of your hand, toaſt it very well, then take of Sallade oyle, and Claret Wine, of each a like quantity, as much as will wet the toaſt well and throughly, warm it hot, then put the toaſt into it,

when the toaſt is well ſoaked, ſtrew the pouder of Cloves and Mace thereupon thick, then apply it to the ſtomack of the Patient as warm as he can indure it, it will purge upwards and downwards ſo often as you apply a freſh toaſt made as aforeſaid, this may be applyed ſo often as any one findeth their ſtomack ill at eaſe, although then it will not purge, except in caſe of a Surfeit.

A Medicine againſt the Plague.

Take of the root called Setwel to the quantity of half a Walnut, and grate it, of Triacle green one good ſpoonful, of fair water three ſpoonfuls, make all theſe more than luke-warm, and ſo drink them off in bed, and ſweat ſix or ſeven houres, and in your ſweat drink ſmall poſſet Ale made of ſmall drink as you need, but not till an hour and half after the taking of the Potion, and it will bring forth the Plague, for if you caſt the Medicine, you may take it the ſecond, third, or fourth time by the whole half, or leſſe meaſure, as your ſtomack will bear it: if any doe take it, and thereupon happen preſently ame nd-

amendment, or a rising, or sore, you may think it to be the sickness, for the nature of the Medicine is to prevent the Plague, and in others, to expel the sore, if it be not taken too late, in which case the stomack will not break it easily, nor after two or three times taking, if you minister it to any, let it be at their first sickness, least if their disease be other, they may receive harm thereby.

Jelly of Frogs.

Take the Jelly of Frogs in *March*, and still it in a glasse Still, it is a good Medicine to stop bloud, and for the heat and redness of the face, and good to cure green Wounds.

For the Tooth-ach.

Take of Sparemints, and ground Ivy, of each a handful, and a good spoonful of Bay Salt, stamp all these very well together, and boyle them in a pint of the strongest Vinegar that you can get, let these boyle altogether until they come to a quarter of a pint, then strain it, and put

it into a glaſſe, and ſtop it very cloſe, when your teeth doth ake, take a ſpoonful of it bloud-warm, and hold it in your mouth on that ſide the pain is.

For to make teeth ſtand faſt.

Take roots of Vervin in old Wine, and waſh the teeth therewith.

For the perillous Cough.

Take white Horehound, and ſtamp it, and wring out the juyce, and mingle it with Honey, and ſeeth it, and give it the ſick to drink; or elſe Sack, and Garlick ſeed, and roſt it in the fire, and take away the peelings, and eat the reſt with Honey, or elſe take Sage, Rew, Cummin, and pouder of Pepper, and ſeeth all theſe together in Honey, and make thereof an Electuary, and take thereof a ſpoonful in the morning, and another at night.

For a man that hath no taſte in meat or drink.

Take a pottle of clear Water, and a good

good handful of Dandilion, and put it in an earthen pot, and ſeeth it till it come to a quart, and then take out the Hearbs, and put in a good quantity of white Sugar, till you think it be ſomewhat pleaſant, and then put it into a veſſel wherein it may coole, and then take twenty or thirty Almonds, blanch them, and beat them in a Morter, and when the Water is cold put it to the Almonds, and then ſtrain it through a clean Cipris bag without compulſion, and if it be thick let it run through again, and ſo keep it in a veſſel, and drink of it often, at all times as you pleaſe.

To preſerve a man from the Plague.

Take *Aloe epaticum*, and *Aloe ſuccatrine*, fine Cinnamon, and Myrrh, of each of them three drachms, Cloves, Mace, *Lignum Aloe*, Maſtick, *Bole Armoniack*, of each of them half a drachm, let all theſe things be well ſtamped in a clean Morter, then mingle them together, and after keep them in ſome cloſe veſſel, and take of it every morning two penny weight, in half a glaſſeful of white Wine, with a little water, and drink it in the morning at the dawning

ing of the day, and ſo may you, by the grace of God, goe ſafely into all infection of the air and Plague.

For a Tetter, or Ring-worm.

Take *Mercury* a quarter of an ounce, Camphire one penny weight, make them into pouder, and rub them in a fair porrenger, then take and mix them with the water of the Vine four or five ſpoonfuls, ſtir them well together, then put as much more water to that, then ſtrain it through a cloth, and take Poppey ſeeds one quarter of an ounce, beat that in a ſtone Morter with a ſpoonful of the water of the Vine, putting a little and a little, till you have ſpent the quantity of a pint, then put to half an ounce of the Milk of Coker-nut, ſo mix them well together with your firſt Receipt, and ſtrain them as you make Almond milk through a fair cloth, then keep it in a glaſſe for your uſe.

To keep ones body looſe whenſoever you need.

Take two ounces of Sirupe of Roſes, one ounce of Sine, one pennyworth of Anniſe

Anniſe ſeeds, one ſtick of Licorice, one pint of Poſturn water, ſeeth them altogether till it ſeeth to half a pint, then ſtrain them forth, then boyle the two ounces of Sirupe of Roſes, and drink it warm.

For a red Face.

Take Brimſtone that is whole, and Cinnamon, of either of them by even proportion by weight, beat them into ſmall pouder, ſearſe it through a fine cloth upon a ſheet of white paper, to the quantity of an ounce or more, and ſo by even proportions in weight mingle them together in clean clarified Capons greaſe, and temper them well together until they be well mollified, and then put them to a little Camphire to the quantity of a Bean, and ſo put the whole confection in a glaſſe.

For a young Child to make water.

Boyle Organy in fair water, and lay it warm to the Childs Navel.

it into a glaſſe, and ſtop it very cloſe, when your teeth doth ake, take a ſpoonful of it bloud-warm, and hold it in your mouth on that ſide the pain is.

For to make teeth ſtand faſt.

Take roots of Vervin in old Wine, and waſh the teeth therewith.

For the perillous Cough.

Take white Horehound, and ſtamp it, and wring out the juyce, and mingle it with Honey, and ſeeth it, and give it the ſick to drink; or elſe Sack, and Garlick ſeed, and roſt it in the fire, and take away the peelings, and eat the reſt with Honey, or elſe take Sage, Rew, Cummin, and pouder of Pepper, and ſeeth all theſe together in Honey, and make thereof an Electuary, and take thereof a ſpoonful in the morning, and another at night.

For a man that hath no taſte in meat or drink.

Take a pottle of clear Water, and a good

good handful of Dandilion, and put it in an earthen pot, and ſeeth it till it come to a quart, and then take out the Hearbs, and put in a good quantity of white Sugar, till you think it be ſomewhat pleaſant, and then put it into a veſſel wherein it may coole, and then take twenty or thirty Almonds, blanch them, and beat them in a Morter, and when the Water is cold put it to the Almonds, and then ſtrain it through a clean Cipris bag without compulſion, and if it be thick let it run through again, and ſo keep it in a veſſel, and drink of it often, at all times as you pleaſe.

To preſerve a man from the Plague.

Take *Aloe epaticum*, and *Aloe ſuccatrine*, fine Cinnamon, and Myrrh, of each of them three drachms, Cloves, Mace, *Lignum Aloe*, Maſtick, *Bole Armoniack*, of each of them half a drachm, let all theſe things be well ſtamped in a clean Morter, then mingle them together, and after keep them in ſome cloſe veſſel, and take of it every morning two penny weight, in half a glaſſeful of white Wine, with a little water, and drink it in the morning at the dawning

ing of the day, and ſo may you, by the grace of God, goe ſafely into all infection of the air and Plague.

For a Tetter, or Ring-worm.

Take *Mercury* a quarter of an ounce, Camphire one penny weight, make them into pouder, and rub them in a fair porrenger, then take and mix them with the water of the Vine four or five ſpoonfuls, ſtir them well together, then put as much more water to that, then ſtrain it through a cloth, and take Poppey ſeeds one quarter of an ounce, beat that in a ſtone Morter with a ſpoonful of the water of the Vine, putting a little and a little, till you have ſpent the quantity of a pint, then put to half an ounce of the Milk of Coker-nut, ſo mix them well together with your firſt Receipt, and ſtrain them as you make Almond milk through a fair cloth, then keep it in a glaſſe for your uſe.

To keep ones body looſe whenſoever you need.

Take two ounces of Sirupe of Roſes, one ounce of Sine, one pennyworth of Anniſe

Anniſe ſeeds, one ſtick of Licorice, one pint of Poſturn water, ſeeth them altogether till it ſeeth to half a pint, then ſtrain them forth, then boyle the two ounces of Sirupe of Roſes, and drink it warm.

For a red Face.

Take Brimſtone that is whole, and Cinnamon, of either of them by even proportion by weight, beat them into ſmall pouder, ſearſe it through a fine cloth upon a ſheet of white paper, to the quantity of an ounce or more, and ſo by even proportions in weight mingle them together in clean clarified Capons greaſe, and temper them well together until they be well mollified, and then put them to a little Camphire to the quantity of a Bean, and ſo put the whole confection in a glaſſe.

For a young Child to make water.

Boyle Organy in fair water, and lay it warm to the Childs Navel.

A Medicine for the falling of the Uvula into the Throat.

Take a red Colewort leaf, whereof cut away the middle rind, then put the leaf into a paper, and let it be burnt in hot embers or aſhes, then take the leaf out, and lay it hot on the top or crown of the bare head, and it will draw it up into his place, and rid you of your pain.

A Medicine for the heat of the ſoles of the feet, that cometh by rheume or blood.

Take a quantity of Snailes of the garden, and boyle them in ſtale Urine, then let the Patient bath and ſet his feet therein, and uſing that often, he ſhall be cured.

Gaſcons *own Ponder.*

Take of pouder of Pearl, of red Corral, of Crabs eyes, of Harts-horn, and white Amber, of each one ounce, beat them into fine pouder, and ſearce them, then take ſo much of the black toes of the Crabs clawes as of all the reſt of the pouders,

pouders, for that is the cheif worker, beat them, and ſearce them finely as you doe the reſt, then weigh them ſeverally, and take as much of the toes as you doe of all the reſt of the five pouders, and mingle them well together, and make them up into balls with jelly of Hartſhorn, whereunto put or infuſe a ſmall quantity of Saffron to give them colour, let them lye till they be dry and fully hard, and keep them for your uſe.

The Crabs are to be gotten in *May* or *September*, before they be boyled.

The doſe is ten or twelve grains in *Dragon* water, *Carduus* water, or ſome other Cordial water.

The Apothecaries in their compoſition of it, uſe to put in a drachm of good Oriental Bezar to the other pouders, as you may ſee in the preſcription following.

This is thought to be the true compoſition invented by *Gaſcon*, and that the Bezar, Musk, and Ambergrice, were added after by ſome for curioſity, and that the former will work without them as effectually as with them.

The

The Apothecaries Gaſcon *Pouder, with the uſe.*

Take of Pearles, white Amber, Hartshorn, eyes of Crabs, and white Corral, of each half an ounce, of black thighs of Crabs calcined two ounces, to every ounce of this pouder put a drachm of Oriental Bezar; reduce them all into very fine pouder, and ſearce them, and with Hartſhorn jelly with a little Saffron put therein, make it up into a paſte, and make therewith Lozanges or Trochiſes for your uſe.

You muſt get your Crabs for this pouder about *May* or in *September*, before they ſhall be boyled; when you have made them, let them dry and grow hard in a dry air, neitheir by fire nor Sun.

Their doſe is ten or twelve graines, as before preſcribed in the former page.

The Pouder preſcribed by the Doctors in their laſt London *Diſpenſatory*, 1650. *called by the Pouder of Crabs clawes.*

Take of prepared Pearles, eyes or ſtones of

of Crabs, of red Corral, of white Amber, of Hartshorn, of Oriental Bezar stone, of each half an ounce, of the pouder of the black tops of the clawes of Crabs to the weight of all the former; make them all into pouder according to Art, and with jelly made with the skins or castings of our Vipers, make it up into small Tablets or Trochisces, which you must warily dry as before prescribed, and reserve for your use.

The Countesse of Kents *Pouder, good against all malignant and pestilent, Diseases, French Pox, Small Pox, Measels, Plague, Pestilence, malignant or scarlet Fevers, good against Melancholy, dejection of Spirits, twenty or thirty grains thereof being exhibited in a little warm Sack or Hartshorn jelly to a man, and half as much, or twelve graines to a Child.*

Take of the Magistery of Pearles, of Crabs eyes prepared, of white Amber prepared, Hartshorn, Magistery of white Corral, of *Lapis contra Parvam*, of each a like quantity, to these pouders infused put of the

the black tips of the great clawes of Crabs, to the full weight of all the reſt, beat theſe all into very fine pouder, and ſearce them through a fine Lawn Searce, to every ounce of this pouder adde a drachm of true Oriental Bezar, make all theſe up into a lump or maſſe with the jelly of Hartſhorn, and colour it with a little Saffron, putting thereto a ſcruple of Ambergrice, and a little Musk alſo finely poudered, and dry them (made up into ſmall Trochiſes) neither by fire nor Sun, but by a dry air: you may give to a man twenty graines of it, and to a child twelve graines.

BRITISH MUSEUM 4 NO 73

FINIS.

GUILDHALL LIBRARY